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T R E A T I S E O N D I E T,

Or the Management of
 H U M A N L I F E;
 By PHYSICIANS called the
 S I X N O N - N A T U R A L S,

V I Z.

- | | |
|------------------------------------|------------------------------------|
| I. The AIR. | IV. MOTION and REST. |
| II. FOOD. | V. SLEEP and WATCH-
ING. |
| III. EXCRETIONS and
RETENTIONS. | VI. The AFFECTIONS of
the MIND. |

I N T E N D E D

As an Inquiry into the CAUSES of DISEASES in
 general, and in particular of those most
 common in LONDON.

Addressed to the Inhabitants of this Metropolis.

By FRANCIS DE VALANGIN, M.D.
 Of the Royal College of Physicians, LONDON.

*Errat enim, sed neque errore erudito, qui naturam artis
 adminiculo ubique indigere existimat.* SYDENHAM.


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TO THE
INHABITANTS
OF
LONDON.

OME Writers dedicate their Productions to Princes, others to particular great Men; the Author of these Inquiries presumes to publish them under Your Auspices, flattering himself, that You will receive this, the first public Production of his
A 2 Pen,

DEDICATION.

Pen, with that Impartiality and Candour, by which You have always distinguished Yourselfs in Matters of the greatest Importance.

YOUR Health is the Object of these Thoughts, an Object certainly well worth Your Attention : May the reading of this Book therefore have the salutary Effects wished for and intended by

Your devoted humble Servant,

FRA. DE VALANGIN.

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E R R A T A.

Page 72, line 7, for certain alkaline Substances, read certain Substances.



INTRODUCTION.


LIFE in Man is the Existence
 of such Actions, Functions,
 or Operations which belong
 to a human Body.

HEALTH is that State of the Body
 in which every Part performs its Duty
 for the Benefit and Preservation of
 the Whole ; for whenever the Func-
 tions of the Parts are impaired, or
 injured, the Body is then said to be
 in a diseased State, or SICK ; and
 B whenever

2 INTRODUCTION.

whenever the Functions are entirely abolished and destroyed, the Body is in that State, which we express by the Word **D E A T H**.

D E A T H is the inevitable Consequence of Life and Health ; for by the Actions which are inseparable from them, the human Body is gradually changed and wasted, the Offices of the smallest Vessels are destroyed, the Humours stagnate, thicken, and concreate with the Sides of the Vessels which contain them ; whence the Body is deprived of its Humours and most subtil Juices, the digesting and concocting Powers are gradually weakened, the waste which the Body continually sustains, ceases to be repaired ; and the grosser, and thicker Juices only continue to flow, but,
slowly,

INTRODUCTION. 3

slowly, through the larger, hardened, and contracted Vessels ; Life is, in a manner, then, but barely supported alone, without the animal Actions ; till at last, from those gradual Changes, the certain Consequences of Health itself, DEATH, from mere old Age, becomes inevitable, and closes the Scene of Life.

SICKNESS is not the absolute Consequence of Life ; and although the human Body is in time destroyed by its own Actions, yet, such is the make of that wonderfully complicated Machine, that it repairs itself at the same Time, and by the same Actions by which it is wore out ; which Advantages all animal Bodies enjoy above all other Machines : and there are many Instances of Men who attained to a

4 INTRODUCTION.

very great Age, without any Diseases, by a Method which few will imitate, namely, TEMPERANCE and SOBRIETY. It is therefore, in the Management of human Life, or Diet, that we find the Source of *Health*, and of *Sickness*.

THE first Inhabitants of the Earth, lived to a very advanced Age, free from Diseases ; which was chiefly owing to the Climate of that Part of the Earth which they first inhabited, the East ; which the ancient Physicians, and *Hippocrates* himself, esteemed to be the most Healthy, as also to their Simplicity and Frugality, and to their continual Exercise.

THOSE three things might very well preserve them in Health ; but they could not secure them from Accidents,

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cidents, such as Falls, Blows, Wounds, and such like, which obliged Men in the very first Ages of the World to apply themselves to SURGERY; for we read in the Books of *Moses*, that there were Physicians, or rather Surgeons, settled in *Egypt*, and there also we find the first Account of the *Fees* of Physicians.

WHEN the World grew more populous, new Colonies were sent to Places and Countries not inhabited before: These Colonists, probably, retained their ancient Simplicity and Frugality, and continued to use constant Exercise; but they could not take with them the Climate of the Country which had given them Birth, and to which they were naturally used; this gave Rise to internal and

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hidden Diseases, which they attempted to cure by Abstinence, Rest, Emetics, and Baths, the most ancient of all Remedies.

IN process of time Men deviated from their first Simplicity ; some left the rural Life to associate and live together in Towns, where the Necessity of providing for their daily Bread inspired them with Invention and Ingenuity, the Source of all mechanic and liberal Arts ; which, although of infinite Service to Mankind, are frequently found to intail many Diseases upon their respective followers ; and the same Means which keep some from starving, and enable them to maintain their Families, are often the Source of many grievous Disorders, which

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which hurry them to an untimely Death.

WORKMEN and Tradesmen are often much injured by the Effluvias of those Bodies, which are made use of in their respective Trades, and by the different Posture or Attitudes required in the Performance of them. Men of Letters, and those whose Business depends chiefly on the Mind, are disordered by the sedentary Life, and by the too intense Application of the Mind, which generally attends a studious Profession.

THUS the Introduction of Arts rendered MEDICINE, the noblest of all Sciences, absolutely necessary: it also contributed greatly towards the civilizing of Mankind, and towards the
B 4 establish-

8 INTRODUCTION.

establiſhing a mutual Intercourſe and Commerce between Nations ; which are indeed the Source of Riches ; but are alſo the Cauſes which have induced Men to prefer a voluptuous Luxury to a temperate Sobriety, and which incline them to continue in a manner of living that muſt in the End be deſtructive to their Health.

THERE are yet ſome remote Countries, where the Inhabitants retain all the Frugality and Simplicity of their primitive Anceſtors ; but they are generally moſt remote from large trading Towns. In *England* there are but few remains of the Sobriety of the ancient *Britons* ; for the nearer we draw towards the Metropolis, LONDON, the Center of Arts and Sciences, the Center of Trade and Commerce, the Cen-
ter

INTRODUCTION. 9

ter of Plenty and Riches, and we may truly say also, the Center of Luxury and Voluptuousness, the more we find this Subversion of the Manners of our Ancestors to take place. In former Days (not to mention the Time when) the Maids of Honour of our Queens, breakfasted upon cold Roast Beef and good Ale), our Farmers in the Country taught their Sons to follow the Plough, and their Daughters to Spin, to milk the Cows, and to make Butter and Cheese, all healthful Exercises: But now their Education is very different, they are sent to Boarding Schools, and from their tenderest Years accustomed to the Sweets of a luxurious Life, the greatest Enemy to Health.

THE

10 INTRODUCTION.

THE Custom and Manner of the present Age is such, that no Medicine can be found, which will prevent those Evils which Men continually draw upon themselves by Intemperance. The remotest Parts of the East send us *Tea* and costly *Spices* ; the distant Regions of the West furnish *Sugar*, and many other Dainties : We now send into all other Countries for new Liquors ; *Beer*, the Wine of this happy Island, and the usual Drink of its healthful ancient Inhabitants, is now despised ; and by those whose Palate it does not please so well as other Liquors, is often, without Reason, accused as the principal Cause of many chronic Diseases ; when, with greater Reason, such Evils might be ascribed to other Causes, than to
the

INTRODUCTION. 11

the use of Malt Liquors. Physicians themselves have been made Slaves to Custom, and in their dietic Rules are often obliged to follow the Mode, and to substitute Wine and Water, to that innocent Liquor, Small Beer, which the incomparable Dr *Sydenham* never found to deserve any Reproach ; but ancient Malt Liquors, the wholesome and native Liquors of this flourishing Island, like good old and plain *English* Fashions, are condemned in the present Age, and Brandy and Water is now become the favourite Drink of those who would be thought People of genteel Taste.

THE Tables of our Ancestors were spread with wholesome Food, intended to satisfy their Hunger, which was their best Sauce ; and their innocent
Liquors

12 INTRODUCTION.

Liquors were calculated to quench their Thirst; but Men of the present Age study how to tickle their Palates with Variety, Profusion, and pungent Sauces; and he that drinks most of intoxicating strong Liquors, is esteemed the best Companion.

ALTHOUGH Providence has given us an infinite variety of Things, which being taken by us, differently affect our Palates, and convey to the Mind Perceptions of different Tastes, which are more or less grateful, and give different degrees of Pleasure; yet the natural Appetite we have for those Things that are pleasant would carry us no farther than to the satisfying of our Wants, had not an unhappy Usage introduced those Excesses in eating and

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and drinking, which originally Nature intended as necessary Pleasures.

FROM that continual Excess in eating and drinking, by daily taking such Food as is not fit to repair and nourish our Bodies, in quantities too large to be subdued by the digestive Powers, and to pass through the different Outlets, we thus lay the Foundation of many Infirmities : Unless by constant Exercise and bodily Motion, and by allowing such Intervals of Time that the incongruous and superfluous Matter may be spent, before fresh is admitted, or that it may be separated from the Blood by the secretory Vessels, the Seeds of those Infirmities are evacuated and the Crasis of the Blood preserved.

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THE best kind of Exercise for that purpose is active Exercise, and not passive ; for there is a great difference between moving and being moved ; but how can we recommend such Exercise to those whose Birth, Qualities and Fortunes, intitle them to indulge an unactive sedentary Life ; and when the present Fashion has made it quite ungenteel to employ our Limbs for such Uses as they are adapted and were by Nature ordained ? Besides, it is too well known, how much the place of Merit in every Profession is supplied by its Substitute, a genteel Equipage.

WHAT shall we say of those Individuals who turn Night into Day ! their Complexion sufficiently tells the Abuse
of

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of that pernicious Custom. The Day is the proper time for Action ; Night was intended for Rest and Sleep ; for then all Things are silent within, nothing is perceived from without, and both Body and Mind are thus greatly recruited.

THE Life of Man is divided into an active State, called *Waking* ; and an unactive State, called *Sleep* ; in the latter State there is, as it were, a Curtain drawn between Body and Mind ; but in the first State, they are both exercised and employed ; they are so connected together, that whatever affects the one, must necessarily affect the other. The Actions of the Mind fatigue us as much as bodily Exercise itself ; and we see every Day, that when they are carried to Excess, they injure

16 INTRODUCTION.

injure Health much more than the Exercises of the Body. We must not, therefore, be surpris'd to find that many of the Diseases in this Metropolis arise also from the Affections or Passions of the Mind, when we consider the Manner of living of its Inhabitants.

THE Sum of what hath been said here, is, that the various Diseases and Infirmities of the Inhabitants of *London*, as well as of Mankind in general, are the Produce of some Excess or Abuse in what by Physicians is called the Six *Non-naturals* ; which means, DIET, or every Thing that concerns the Management of human Life ; and comprehends, 1. The *Air*. 2. *Food*. 3. *Evacuations and Retentions*. 4. *Motion and Rest*. 5. *Sleep* and

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and *Watching*. 6. The *Affections* of the *Mind*.

IT will therefore be proper, upon the Authority of many eminent Men who have contributed to this small Treatise, and from our own Observations, to shew how they are capable of altering our Bodies divers ways; and to inquire, in particular, how they are regulated in *London*, that we may thus come at the true Causes of the Diseases which are incident to its Inhabitants, and that we may be able to establish such dietetic Rules, as will have the Power of preventing many Diseases, and of removing some in their Beginning.



THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF

THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

THE FIRST

OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF




A
T R E A T I S E
O N
D I E T.



SECTION I. *Of the* AIR.

C H A P. I.

Of the H E A T *of the* A I R.

HE AIR is a very fine Fluid
in which we live; we breathe
it, and we swallow it. It
insinuates itself through the Pores of
the Skin, and it is one of those Things
which has the greatest Power to affect

20 O F T H E A I R.

our Bodies, and to alter them divers ways; according to the various Changes it undergoes, as to *Heat, Cold, Moisture, Dryness, and Gravity.*

THE Effects of the *Heat* of the Air upon the human Frame, will be easily understood; if we consider that the Air communicates its own Degree of Heat to those Bodies it surrounds, or penetrates; that it rarifies them, relaxes the mutual Cohesion of their constituent Particles, and dissipates their volatile Parts; that it brings on Fermentations; is the Cause of Putridities, and increases those already begun.

WHEN our Bodies therefore are exposed to the intense Heat of the surrounding Air, they are indeed made

hot,

hot, but at the same Time their own natural Heat is diminished, and even destroyed, by the substituted external and artificial Heat, as our *East-India* Sailors often experience when they pass the Line.

THE Rarefaction which is the Consequence of Heat occasions an increased Bulk, proportionably greater in the fluid than in the solid Parts of our Bodies. Whence a Fulness of the Vessels, whose Capacity is not increased in Proportion to the Bulk of the Humours which circulate through them.

FROM the lessened Cohesion of the Parts of our Bodies by Heat, arises a Weakness of the solid Parts, and a flabby Texture of the Flesh ; the

c 3

Joints

22 OF THE AIR.

Joints are rendered infirm and feeble ; the thicker and groffer Juices are made thin ; those that are sluggish are rendered moveable ; and their Circulation through the Vessels becomes free and easy, and meets with less Resistance.

IT is observable that Heat renders the Powers of Life more sprightly, but they are not so lasting ; and more easily disturbed in their Motion.

THE Heat of the Air, by dissipating the thinner, volatile, spirituous, and watery Parts of the Blood, thickens it, and lays a Foundation for atrabiliary and inflammatory Disorders. It dries up the solid Parts of our Bodies, brings on Obstructions in the Vessels, and is often the Cause of bilious,

*When it is very hot
it causes the bilious*

bilious, putrid, ardent, and malignant Fevers ; and of various Disorders injurious to the Nerves.

T H E Contents of the Stomach and of the Bowels, by the Heat of the Air, are induced to a putrescent State ; and this occasions, in those first Passages, Belchings, Wind, Pains, and Spasms, Anxieties, Vomitings, Over-purgings, and Bloody-fluxes.

I F any particular Part of the Body happens to be more exposed and affected by Heat than the other Parts, it will draw to that Part a greater Quantity of Humours, which are often the Cause of Obstructions, Pain, Redness, Erysipelas, and Inflammations ; which, from the Part affected, though

C 4

essen-

essentially the same Disease, are distinguished by different Names : An Inflammation of the Brain being called *Phrenzy* ; that of the Lungs, *Peripneumony* ; that of the Membrane which lines the inside of the Chest, *Pleurisy* ; and so on of others.

It is most evident, from the above Considerations, that the Heat of the Air is both useful and hurtful. To Bodies that are old, sluggish, cold and phlegmatic, to those whose juices are poor and ferous, it always proves of great Service ; for it promotes the Circulation of their sluggish Humours through the Vessels, and renders their watery Juices of a better Consistence.

OLD Mr O - - - has acquired with Reputation a very genteel Fortune ; the Business which he carried on required a Situation near some Water ; his House happened to be situated on the Side of the River, so as to front exactly the North : He lived thus in a perpetual Winter ; this, with old Age, had brought on him a troublesome Humoural Asthma ; he spent large Sums to have the best physical Advice, and in trying the most costly Medicines, for some Years, to no Purpose : But being at last prevailed upon to leave off his Business, and to remove into a warmer Situation ; he lately purchased a convenient House fronting the South, at the Foot of a pleasant Hill, which shelters it from the North, where he enjoys now a perpetual

perpetual Summer, with Health, Peace, and Plenty.

BUT to those Constitutions that are full of good Blood ; that are lusty, hot, bilious, and dry, to those that live upon animal Food, and spirituous Liquors, the hot Air is very hurtful ; and they ought never to remove from a cold to a hot Climate, without previous Evacuations ; for the Heat of the Air increases their Fulness ; it renders the Bile sharp and acrimonious, and brings on the worst of inflammatory Diseases. Our young Adventurers, who boldly cross the Seas in pursuit of Wealth and Honour, frequently fall a Sacrifice to the Heat of the more southern Regions.

Tom H--- was the younger Son of
industrious

industrious Parents : Health was painted in his Face. After being qualified for a mercantile Life, he was sent to a wealthy Uncle settled in the *West-Indies*. Before his Departure, he had been entertained by several of his Friends ; the Quantity of his good Blood had been thus increased, by eating and drinking more than usual ; and he was in that State of perfect Health, or of Fulness, which is very liable, by the least Error in Diet, to be changed into the most dangerous Disease. Soon after his Arrival, a fatal Fever deprived the Uncle of an intended Heir, and the World of a most promising Youth.

IN *London* we have no great Reason to complain of the Heat of the Air, it is in general very moderate, which

which is a happy Circumstance attending a City so immensely large, and which preserves it from many pestilential Diseases ; for we find that whenever the Summer happens to be very sultry and hot, we are always afflicted with putrid, malignant, and contagious Fevers, which rage in Town more fiercely than in the Country ; and might be partly prevented by a cooling and rather spare Diet, and gentle Evacuations ; for when these Fevers have once invaded an unhappy Patient, they are generally attended with such irregular Symptoms, and such a Depression of the Spirits, as will admit of hardly any Evacuations : Nor is the cool Regimen in those Fevers of any Service, as it increases the Lowness of Spirits, and retards or even prevents a Crisis.

WHAT

W H A T we have said of the natural Heat of the Air, is applicable to artificial Heat ; and although this Climate is so temperate as to secure us from those Inconveniencies which are the Effect of excessive Heat, yet there are many Professions and Trades in *London* which subject their respective Practisers to a Degree of Heat very injurious to Health. Such are all those who are exposed to the Violence of the Fire, or to the extreme Heat of divers Stoves. Tradesmen who are obliged to have their Eyes constantly fixed upon the Fire, become blear-eyed, and are subject to Inflammations, and many other Disorders of the Eyes ; which are best prevented by frequent Applications of mild and moist Substances, such as Milk or Cream, and Barley-Water, or a Slice
of

30 O F T H E A I R.

of raw Veal deprived of its fat tied on the Eyes every Night.

T H E R E are others who work in very hot Places, by which means their Blood is deprived and drained of its most subtil, thin, and watery Parts, and they are liable to atrabiliary and inflammatory Disorders.

A L L Trades-People in general that work by Fire, and endure a great Heat, are troubled with a constant and almost unquenchable Thirst, and with an obstinate Costiveness. They ought not to drink cold Water, nor strong spirituous Liquors, to quench their Thirst; mild Beer, Barley-Water, or Milk and Water, will best agree with them; and they must keep their Bodies open with gentle Laxatives.

C H A P.



C H A P. II.

Of the COLD AIR.

THE cold Air has very different Effects from those just mentioned; and in order to understand the Effects of excessive Cold, applied to our Bodies, it will be necessary to remember that Cold produces the following general Effects: It contracts Bodies into a less Bulk, affecting also Fluids more than Solids, so as even to congeal the Fluids, diminishing, or even intirely stopping their Motion. It has a greater Power upon Water than upon any other fluid Body. When Liquors that are not simple, congeal, or turn to Ice, their
Parts

32 O F T H E A I R.

Parts separate, their Crasis is intirely changed, and they cannot by thawing be restored to their prior State. If vegetable and animal Substances are thawed by a sudden Heat, their Texture is intirely and irreparably destroyed.

O U R Bodies, therefore, when exposed to excessive Cold, will be affected in the following manner. All the solid Parts being contracted, made rigid and elastic, the Space within the Vessels grows narrower, and the Resistance of the Sides of the Vessels against the contained circulating Humours, is increased ; all the fluid Parts are drove into a more contracted Bulk, and rendered sluggish, less moveable, and disposed to Stagnation. The Proportion between the containing Vessels

sels and their contained Juices, is intirely changed. It is very obvious, that to those Bodies who are already drained of their Juices, this increased Emptiness, which is the Consequence of excessive Cold, must be much more hurtful than to Bodies that are full of good Blood.

IN robust People, who use much Exercise, the Attrition and mutual Action between the solid and fluid Parts, and the natural Heat, are increased in cold Weather; their Digestion is promoted, and the Necessity of repairing the Losses which the Body sustains, is indicated by a sharp and keen Appetite. Hence it comes, that healthy People eat generally more in Winter than in Summer; and bear Hunger better in warm Weather than in frosty Weather; for the Excess of

D Cold

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Cold causes such an Emptiness in the Vessels, which, if not timely removed, brings on a Weakness, Fainting, and even Death itself.

A poor Labourer in the hard Frost of the Year Seventeen hundred and sixty three, being reduced by Poverty to fast two Days only, lay with all the Symptoms of a dying Man in the Road to *Hoxton*; a Barber was trying to bleed him; but a Physician accidentally passing by, prevented the Loss of any Blood; for the unfortunate Man had none to spare; and instead of emptying, wanted filling. He ordered him into a House; where being gradually warmed, and recruited with Cordials and nourishing Food, he with much Difficulty recovered.

PEOPLE who lead sedentary Lives,
are

are greatly injured by Cold ; for their Vessels being contracted, and the Circulation through them rendered languid, their Humours grow thick ; their native Heat and Powers of Life are lessened ; their animal Functions are rendered sluggish ; and the Humours cannot be properly depurated, and carried off by the usual Evacuations, which are now suppressed. This Suppression causes an Accumulation of acrid, mucous, and watery Matter, which brings on the Scurvy, Disorders of the Joints, and dropical Affections. In the extreme Parts arise Itchings, Tumours, Chilblains, and Ulcers. If the Cold penetrates still farther, the Blood coagulating in the Lungs, Respiration ceases ; and from the congealing of the Brain proceeds an invincible Sleep, which puts an End to Life.

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PEOPLE who have lost their Way in snowy Weather, and have been taken up for dead, being gently rubbed all over with Snow, or cold wet Cloths, then wrapped up in Blankets, and gradually brought nearer and nearer to the Fire, as they began to give Signs of Feeling ; after their Recovery, declared they were overpowered and lulled by the Cold into an invincible Sleep, which must have proved their Death, had they not been found in time, and saved by taking the above-mentioned Precautions, which are absolutely necessary ; for the too sudden Admission of Heat to any frozen Part, will occasion an immediate Gangrene, and Mortification.

WE have seen that Warmth was beneficial to *old People* ; and from the same Observations we may conclude

clude that Cold is their greatest Enemy ; for the Circulation of their Blood is already too languid, their Fibres extremely stiff, and their Humours sluggish, watery, glutinous, and cold.

THE cold Air is very injurious to the Bones, Teeth, Nerves, the Brain, the spinal Marrow, Ulcers, and Wounds. The use of Perukes or Wigs is therefore very salutary and convenient in these northern Climates, particularly for old People, who ought to keep the Head very warm, and guard it from the Injuries of the cold Air.

OUR Winters in *London* are generally pretty mild, yet we have had of late Years very severe Frosts, which, on account of the Air's affecting by its Coldness equally every Passage through which it is admitted into the

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Lungs,

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Lungs, have been the Occasion of various Rheums or Colds, attended with a Dizziness, a Stuffing in the Head, an Hoarseness, Coughs, and an Accumulation of pituitous Matter in the Lungs, which obstructing the free Passage of the Blood through them, has been the Cause of Inflammations, Suppurations, and sudden Deaths. Many asthmatic People, in particular, who before had frequently found Relief from palliative Medicines, were swept away by almost sudden Suffocations. This very last Winter has produced by the severe Frost, which reigned in the Beginning of this Year, 1767, divers Rheumatic and Gouty Pains, in Bodies that had never been afflicted with such Affections before, and who did not descend from Parents subject to any such Complaints.

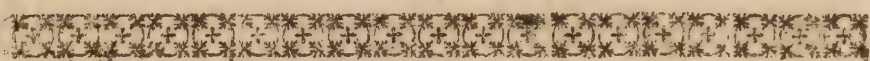
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THERE are several Trades which are carried on in the open Air, but they are generally such as are at a stand in frosty Weather, and the Workmen are consequently not so much exposed to the Injury of the Weather. There is, however, a Set of People who, in all sorts of Weather, are obliged to perform the Duty of their Station, even by Night ; such are Centinels, Postillions and Watchmen : The latter of which endure the greatest Hardships ; for they are frequently old decayed Men, who are obliged to accept or even to solicit those Places, to help to support their Families. If spirituous Liquors are of any Service, as undoubtedly they are upon many Occasions, it must be to these Individuals, who, in the coldest

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Season,

Season, are with open wide Mouths declaring the Hour of the Night and the State of the Weather, till they are so hoarse that some of them almost intirely lose their Speech. But they ought to dilute those Liquors ; and what the common People call a Hot-Pot seems to be extremely well calculated for them.



C H A P. III.

Of the MOIST and DRY AIR.

THERE is no *Air* so bad as that which is *moist*, and we cannot well suppose it to exist abstracted from Heat or Cold.

IT is a common Observation here, as well as every where else, that in rainy, hot Summers, we are generally afflicted with putrid, contagious, and we may say pestilential Diseases ; for the *hot* and *moist Air* brings on Thirst, Putridity, and a total Relaxation of the Solids : It opens the Pores, attracts the Humours into improper Vessels, where, if they stagnate, they are speedily disposed to putrify ; whence a Distention of the external Habit of the Body, those enormous Sweats, and an intire sinking of the vital Strength, which attend those Diseases that are the Consequence of Rains falling immediately upon the hot Weather.

WHEN *moist Air* is joined with *Cold*, it generally feels many Degrees colder

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colder than it really appears to be by the Thermometer, on account of the Laxity which it occasions in the Pores, which are filled with the surrounding cold Vapours.

Moist and cold Air checks the universal Circulation of the Humours, that of the Blood through the Lungs in particular ; the natural Heat, and the Attrition of the Parts of the Body are lessened by it ; the Digestion is imperfect, and the Body not so well nourished ; the Lungs, like a Sink, are stuffed with watery and pituitous Humours, which bring on Coughs, Asthmas, or Bastard Peripneumonies, Fevers, Rheumatisms, an universal bad Habit of Body, a Bluntness of the Senses, and Infirmities of the nervous System. To all which Evils
weak

weak and lax Constitutions are more liable than others.

WE have, unhappily, too much Reason to complain of the bad Effects of *moist* and *damp* Air in this Metropolis, which are not a little increased by the constant Washing and Wetting of the Infides of Houses, which is carried to an unpardonable Excess in most Northern Countries, and shamefully neglected in warmer Climates, where the Practice of it would be most useful.

THE Evils which are the Consequence of cold and moist Air, are prevented and removed by Exercise; without which the best Medicines will only prove occasional Palliatives; those who cannot use Exercise, must
remove

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remove into a freer and warmer Air ; for it is very common to see People who in *London* are almost choaked, when they are removed into the Country, expectorate freely, and breathe with less Difficulty : and others, who are afflicted with Coughs and Colds in Winter, who are perfectly delivered from them by the Summer Heats.

T H E *best Air* is that which is *dry*, either warm or cold, provided it is not so to Excess. It is the most friendly to Constitutions in general ; it gives Vigour to both Body and Mind, and is seldom productive of any Diseases, except the Excess of it should dry up the Juices of the Body too much, and by depriving them of their most subtil Parts, bring on an atrabiliary and inflammatory Sizyness of the Blood.



C H A P. IV.

Of the WEIGHT of the AIR.

THE Difference of the *Air's* Weight at different Times, is known by the different Height to which the Mercury ascends in the Barometer ; this makes a very considerable Alteration in our Bodies, by the greater or less Pressure thereof. Some People wonder that our Health is so much impaired by the Change of Weather ; but they ought rather to wonder that we are not suddenly destroyed by it, as it is often here in this Island very sudden, and our Bodies are sometimes pressed upon by near
one

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one Ton and a half Weight more than at other Times.

WHILST the Pressure of the Air upon our Bodies, within and without, is perfectly equable in every Point, it condenses the Fluids and corroborates the Solids; their mutual Action and Attrition is increased, and the circulating Juices are braced up in their respective Vessels. It is therefore very obvious, that under a proper and equal Weight of the Air the Circulation and Respiration are properly performed, the native Heat is preserved, and the Body is healthy and thrives. But if the Moment of this Pressure should with greater force be directed to any single Part of the Body, it may do much Mischief, by compressing and straining the Vessels, and by forcing

forcing their contained Liquids into other Parts of the Body, where the Pressure is less ; which, if it should happen to the Lungs, may occasion a sudden Suffocation ; or if the Blood should be driven in greater Quantity towards the Brain, it may produce an Apoplexy, and immediate Death.

I F the Pressure of the Air is too much lessened, the Solids and the Vessels are relaxed, they lose their Tone, and the Humours are deprived of their elastic Density, which causes Tumours and Eruptions ; the Circulation of the Blood grows languid, the Spirits are low, and the Strength exhausted ; the Action of the Lungs, in particular, is very much impaired ; and we feel an Uneasiness, which we very improperly express, by saying
that

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that the Air is *heavy*; when, at the same Time, it is exactly the contrary. The Breathing grows laborious and deficient, and from the accumulated Blood in the Lungs arise Inflammations and Spitting of Blood.

IT is in vain to expect that Medicines will prevent or remove those Complaints which are brought on by the sudden Changes of Weather: The best way to guard against them, is to strengthen our Bodies by proper Exercise, that we may be able to bear, and gradually use ourselves to them; for we find from Observation, that those great and sudden Changes of the Air are intolerable to those that are not used to them; most dangerous to weak and irritable Constitutions; and very troublesome to
those

those that labour under any Disorder of the Lungs.

MARIA and JANE are two amiable Sisters ; *Maria* is fond of Reading, of Needle-work, and in general of every Thing that suits a sedentary Life. She is weak, and her Nerves are very irritable ; every Change of Weather affects her. She is perpetually obliged to have recourse to Medicines, which, being good of their Kind, would undoubtedly have the desired Effect in strengthening her Constitution, were they properly assisted by gentle and moderate Exercise ; but Miss *Maria* is always at Home, always in the Hands of her Physician and Apothecary, and always ailing.

HER Sister *Jane* is a very lively Girl, and of very good Sense. She seldom applies long to any one Thing. She walks out whenever the Weather will permit it ; and the bad Weather has seldom any other Effect upon her, than to deprive her of her usual Exercise. She enjoys an excellent State of Health ; and whenever she happens to have any Complaint, her Physician has the Satisfaction never to be disappointed in the Effects of his Medicines.

IT appears, upon the Whole, that the Changes of the Air, as to *Heat*, *Cold*, *Moisture*, and *Gravity*, have the most amazing Influence upon our Bodies. We must not be surprized, therefore, to find that the Barometer is generally a certain Index of imminent Good or Evil to many ailing People, and particularly to asthmatic Patients ;

Patients ; and to see some, who by their Pains can certainly foretel any considerable Change of the Season.

THE *Air* contracts, by long Stagnation in any close Place, where it cannot be renewed, the most fatal Quality ; instances of which we meet with every Day, by the opening of old Wells, or Caves under Ground, where we find, that the Air, from being the first Support of Life, has been rendered by Stagnation so putrid as to become a most subtil Poison.

IN Ships, in Goals, and generally in all Places where many People live close together, the Air contracts an infectious Quality, which produces the worst Kind of putrid Fevers, whose Malignancy is sometimes suddenly fatal, or leaves behind a slow

and poisonous Contagion, which never afterwards will yield to the Force of any Medicines ; all which Evils are successfully prevented by Ventilators.

IF we consider the innumerable Effluvias of divers Bodies, and Matters which the Air receives, particularly in this immense City, and which, variously intermixed, enter our Bodies by breathing, we shall find a new Source or Spring of a Variety of Changes wrought upon the human Frame.

IT would be an endless Task to undertake to write a general History of the Air, which could account for all those strange Phenomenas, so as to make it applicable to peculiar Constitutions, Places, and Times ; for, in order to make it quite complete,
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it should be relative to the Influences of the Celestial Bodies, the Meteors, Climates, Seasons of the Year, Mountains, standing, stagnating and running Waters ; Vegetables, Animals, Number of Men living together ; their Manner of Living as to Eatables and Drinkables, Trades, Arts, Sciences, and Commerce. Every Physician ought carefully to apply to so useful a Study ; and in particular, to make himself acquainted with the Constitution of the Air of the Places in which he practises ; for, like the incomparable Dr *Sydenham*, who was a sagacious and indefatigable Observer, we should be able to foresee future Diseases, and to make use of proper Means to prevent them.



C H A P. V.

Of the WINDS.

THE *Winds* have a very considerable Share in varying the Influence of the Air upon our Bodies; for the Air, by the Force of the Wind, appears as if increased in Weight, a greater Quantity of it being applied to our Bodies in a given Time.

THE Winds renew the Air, and prevent it, as well as Water, from putrifying: They intermix variously the different Regions of the Air, by bringing different Particles, which fly off from divers Bodies, from Place to Place; and they may thus purge and purify, or sometimes infect the Air.

IN short, there is nothing in Nature which can so speedily bring on an intire Change in that Fluid, as the Winds; as we see in the Plague, which is often transported in a few Days, from one Country into another. They may blow both Good and Evil to us: And it is impossible to state which kind of Wind is generally and absolutely wholesome, or unwholesome; as it can be but relatively so; and depends upon the Situation of Places. For the same Wind may, on account of the Diversity of Places and Times, be healthful, or bad. And although in itself wholesome, may, by blowing through Places that are infectious, carry the Contagion to Places not infected before.

If we suppose two Towns, situated

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one at the East of an immense Tract of boggy Land, filled with putrid and stagnated Waters; the other at the West of the same Bog. The Easterly Wind will be harmless to the first, and pernicious to the other Town. We have an infinite Number of Facts in History which confirm the Truth of what is advanced here.

THE celebrated *Empedocles* of *Agrigentum* delivered *Sicily* from a dreadful Plague, which ravaged the Country, by finding out, that it was occasioned by a South Wind blowing from a Cave in a Mountain; he stopped up the Cave, and the Plague ceased.

WE have still more striking and recent Facts of this kind amongst us; the Inhabitants of many of the Towns
in

in *Ireland* used to be infected by their extensive Bogs, which poisoned the Air ; but the Gentlemen of that Kingdom have in Part corrected that Defect by draining many of them ; by which means they have improved their Estates, purified the Air, and preserved the Health of their Tenants.

THE many Improvements made of late in *London*, by making various Openings, widening the Streets, and paving them in a smoother Manner, which will procure a freer Passage to the Air, and keep the Streets, which before were like Common-Sewers, dry and clean ; will certainly have a very salutary Effect upon the Health of its Inhabitants ; for the Air of *London* subjects those that breathe it to many Complaints, and particularly to Disorders of the Lungs and Consumptions ;

ons ; those that are born in purer Climates, after some Years Residence in *London*, are often cruelly afflicted by the Impurity of the Air. And if they remove to their own native, or to a purer Air, before the Disease is absolutely incurable, they frequently recover, after they had in vain tried the most powerful Assistance that the Art of Physic could give them. The Situation of *London* is in itself extremely healthy ; but it is the various Circumstances attending the great Number of Men living together, their Manner of Living, their Trades, Arts, Sciences, and Commerce, which render the Air of it very impure.

A long Residence in any one particular Climate, will often make the Air of it so familiar and natural to
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the Constitution, that it becomes dangerous to return to one's native Air.

PEOPLE who have lived in the *East-Indies* many Years, when they return to *England*, find the Air of it intolerable : It affects them so much, that they are sometimes obliged to go back to the *East-Indies*, in order to recover their Health : The Change of Air is of great Consequence in many chronic Disorders, and particularly of those in the Lungs ; although the dry Air is in general esteemed the best, yet, if we consider Air as a Medicine, we shall sometimes recommend the opposite, which is the moist ; sometimes the hot ; sometimes the cold Air ; according to the different Diseases intended to be cured.

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WHERE such Air as is requisite cannot be had naturally, it must be made so by Art. If in a Room fronting the South, in the upper Part of the House, we burn aromatic Vegetables, or some agreeable Perfumes, the Air will be not only warmer, but also dry at the same Time. In a Room fronting the North, in the lower Part of the House, if we spread about some cooling Vegetables, Water, and Vinegar, the Air may be made cool and moist.

CHAP. VI.

Of EFFLUVIAS.

NO one will deny, that the very Plants growing upon or near a peculiar Soil, will impregnate the Air with their Nature.

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THE Smell of particular Trades, though in Time the Sense of it will be greatly abated, yet by degrees will bring on some Change in the Constitution, either for the better or worse, according to the different Constitutions it works upon : Even agreeable Perfumes, by staying too long in a Perfumer's Shop, or in a Place filled with sweet Scents, are injurious to Health. The Men employed in the Warehouses of the *East-India* Company cannot remain long in some of the Rooms without Danger, on account of the strong and penetrating Smell of the Tea.

SOME Oilmen, Tallow-chandlers, Soap-boilers, and in general all those Tradesmen who work upon fat and oily Substances, are liable to be affected by a Difficulty of Respiration,
Head-

Head-aches, and a Sicknefs of the Stomach. In all thefe Cafes, the Lungs are the firft Receptacle of the offensive Effluvias, and confequently the moft affected and injured. Of all thofe Trades there is none fo offensive as Tallow-chandlers Shops, and in particular the Places where they melt and boil Kettles full of Tallow ; for they affect not only the Workmen, but even the Neighbourhood.

THE beft preventive Medicine that will be of Service to thofe Tradesmen who may be liable to fuch Affections, are gentle Emetics ; which, by their Concuffion, will remove the Obftructions of the Lungs, and by evacuating the Contents of the Stomach will remove the Sicknefs.

THE Smell of Tallow is fo offensive

five to some whose Nerves are very irritable, and to Women in particular, that the Smoak or Snuff of a Tallow Candle will bring on Hyſteric Affections, and in pregnant Women ſometimes cauſe Abortion.

It may be a very prudent Precaution at the Time of contagious Diſeaſes amongſt the Cattle, to prevent the Selling of the Fat of thoſe dead Carcaſes to ſuch as are concerned in the Tallow Trade.

Amongſt the Cauſes of the Diſeaſes of the Army in Camps, the infected Air, which is filled with the hurtful Effluvias and Particles of the dead Bodies, both of Men and Beaſts, is one ; and therefore thoſe Places where they ſkin the Carcaſes of dead Horſes, and kill thoſe that are ſuperannuated
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and uselefs, cannot be too far off or too remote from Cities or Towns ; a Precaution which has escaped the Vigilance of some of the Parishes in our Suburbs.

The Custom of burying the Dead in Towns, and, which is worfe, in the very Churches, is certainly very bad, and may be attended with bad Confequences to the Health of the People ; notwithstanding the Burning of Frankincenfe, Myrrh, or any other Perfumes. The beft Prefervative is the Steam of boiling Vinegar with Spices, fuch as Cloves and Cinnamon, infused in it : This is alfo very proper to be ufed in Houfes at the Time of contagious or peftilential Difeaſes.

T H E R E are many noxious Matters that paſs through the Hands of Workmen,

men, Tradesmen, and People of various Professions, which on account of the Particles which fly off from them are extremely hurtful to their Constitutions.

PHYSICAL People who attend Hospitals are exposed to the Exhalations of sick Bodies ; Chymists and Drug-gists are frequently injured by the different Smells of the Drugs which they prepare.

DYERS, and all those who are obliged to receive the hot Steams of various mixed Ingredients used in their Business, are frequently disordered from that very Cause.

ALL those who work upon Fire, besides the Inconveniency of Heat already taken Notice of, on account of

the sulphurous Particles which exhale from the different sorts of Coals used by them, are severely afflicted with Disorders of the Lungs; every body knows that the Smoak of *London* is pernicious on that Account.

SOME People draw in with their Breath various Effluvias in the form of Dust; such are Tobacconists, Plaisterers, Limemakers, Starchmakers, Masons, Bricklayers, and in general all those who are concerned in dusty Trades: Snuffmakers belong to this Class; and we may also without any Impropriety here take Notice of Snuff-takers. The Practice of taking Snuff continually, and in large Quantity, has very few salutary Effects, and many Inconveniencies; it hurts the Lungs and the Stomach, destroys the natural Appetite, and brings on many other

other Disorders. Yet, to Strangers not used to it, a Pinch occasionally may prove a very safe, and pleasant Sternutatory. The use of Smoaking and chewing Tobacco may prove of Service in the Tooth-ach and Stuf-fing of the Head. In general, it cloyes the Appetite, because it stupi-fies the Nerves of the Stomach, and Hunger is not felt. It will agree best with cold, pituitous Constitutions ; but it will hurt those that are hot, bilious, and lean.

THERE are others who receive in-jurious Impressions through the Pores of the Skin ; Washer-Women, Brick-makers, and all those that work in the moist Air, which, like a constant cold Vapour-Bath, bedews their Bo-dies, suffer many Disorders by being confined to moist Places, and are sub-
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ject

ject to Suppressions of the natural and usual Evacuations. We have Instances of Midwives being infected by laying Women afflicted with the Venereal Disease.

THE worst Disorders, are those which are occasioned by the metallic and mineral Particles raised in the Air which divers Trades-People are obliged to breathe. *Gilders*, all those who use Quicksilver in their Trade, and who cannot avoid receiving the Steams and Fumes of Mercury at the Mouth, are miserably afflicted with nervous Complaints, and their lingering Life becomes often worse than Death itself. There are a Species of Girdles, which many People imprudently wear to cure the Itch, and which generally entail upon them Diseases of much worse Consequence than that Disorder which they

they intended to cure. It is, besides, never so well and so safely effected with Mercurials, as it is with the Ointment of Sulphur.

LEAD brings paralytic and spasmodic Complaints upon House-Painters, and many others, who are concerned with that Metal : And the Use of Leaden Vessels to contain Eatables and Drinkables is upon that Account very dangerous, as it will cause the most dreadful, and sometimes fatal Diseases ; such as the dry Belly-ach or convulsive Colic, a Train of nervous Complaints, Impotence in Men, and Sterility in Women.

COPPER-SMITHS, Tin-men, and those whose Business it is to work upon those Metals, are troubled with a dry convulsive Cough, which tears

the Texture of their Lungs, and throws them into Consumptions.

COLOURS and several Paints are made of various Minerals ; it is very common for those that are much concerned with them to lose the Sense of Smelling. Painters, particularly those who paint in Water-Colours, ought to break themselves of a very common Custom they contract, of putting their Pencil into their Mouth.

WHAT shall we say of the Mode of Painting the Face, and using divers Lotions, which seems of late to have crept too much into *England*. If Ladies should chance to read this Book, perhaps their own good Sense will direct them to reject so dangerous a Practice. In the *Gazetteer* of the 14th of *March*, 1767, there was the following

lowing Piece of News. “ A beautiful
 “ Lady, lately deceased, it is said, fell
 “ a Victim to an excessive Use of
 “ Washes, which contained some very
 “ dangerous Ingredients.”

IT is impossible to propose any preventive Medicine that will absolutely secure those divers Trades-People from the pernicious Effects of the Effluvias we have here taken Notice of. Some of them might, indeed, use glass Vizards ; but others, whose Work-Shop and whole House is filled with the infected Air, cannot avoid its Effects but by leaving off their Business. And when they are thus miserably tormented, the best Evacuations they can use are Vomiting and Purging ; after these, they ought to consult with those who are acquainted with the Nature and Power of mi-

neral, animal, and vegetable Substances ; in the Classes of which they will find Medicines that will destroy the Power of those Effluvias admitted into the Body. Sulphur, for Example, blunts the Action of Mercury and Antimony ; certain alkaline Substances called Alkalies absorb Acids ; and by the same Rule, those called Acids neutralize Alkalies.

P E R H A P S, some might expect to have here divers Prescriptions inserted, but if they will remember that the wholesomness and unwholesomness of Food, as we shall see hereafter, cannot be ascertained so as to give a general Rule for every Constitution ; how can they expect to find out Medicines that will agree with every Habit alike, when their Action is so much more powerful than that of simple Food ?

T H E R E

THERE are in this Town three respectable Bodies of Men ; namely, Physicians, Surgeons, and Apothecaries ; whose Members, before they are admitted, give authentic Proofs of their Learning, Skill, and Abilities, in their respective Branches ; it is to them that you should apply, and not to vain Pretenders, Empyrics, Quacks and Mountebanks, who deceive the Ignorant in a most cruel Manner. Some of their Medicines may be good ; but the Application of them requires more Judgment than the generality of them are possessed of ; besides, we find every Day, that when those pretended Nostrums are divulged and made public, they are found to be very often the same Medicines that are dispensed every Day by regular Practitioners.

THE Highwayman in emptying your Pocket puts you only in fear of your Life ; but those pernicious Mountebanks in public Streets, Places, and Squares, which are the King's Highway, pick the Pockets, destroy the Health, and take away the Lives of many of the King's Subjects. Yet the Highwayman, who is less guilty, is drove in a Cart to the Gallows ; and the Mountebank rides with Impunity through the Streets of *London* in his gilded Equipage, the substitute of Learning and of Abilities. If the Friends of those who have been destroyed by Mountebanks, were so just to the Public as to advertise the Mischiefs done by the Misapplication of quack Medicines, we should soon see the Number of those injured Persons swell to ten times the Number of those who have been relieved by them.

WE shall here conclude the History of that wonderful Fluid the AIR; without which no Animal can live, even a few Moments, as it is proved by Experiments: And in which, though it is the Source of many Diseases, Men every where live and enjoy Health, even in the worst of Climates, where we find Examples of Men arriving to a very great Age, without having ever had one Fit of Illness. The very Inconstancy and Variation of the Air itself, often proving to them a perfect Remedy.



SECTION



SECTION II.

Of FOOD in General.

CHAP. I.

Of the QUANTITY of FOOD.

NO Animal can live without Air, and none can live upon Air alone ; the constant Decay and Waste of the Solids and Fluids of our Bodies must be recruited ; and therefore, after the Air, the next necessary Thing for our Preservation is Food ; by which we mean, every thing that is proper to repair that continual Waste.

ANIMALS generally live upon one particular kind of Food, except a few, and especially Man. We find from
Observation

Observation that the human Race will admit the most surprising Variety in Food. Some Constitutions are so strong, that no Excess can hurt them ; others are obliged to live intirely by Art. Some enjoy a very good State of Health by observing the strictest Uniformity in their Food ; while others fall every Day into the opposite Extreme, and in their very Errors find the Instruments of their Health. Every one knows the History of the two very old Men who were brought upon a Trial to be material Witnesses in a Cause. They were remarkably vigorous in Body and Mind, considering their very great Age. The Judge had the Curiosity to ask them separately how they had lived to preserve their Health to such an Age ; but, to his great Surprise, he found by their Answers that they had lived
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in opposite Extremes ; for one of them had observed a most remarkable Temperance and Sobriety in Diet, and the other had given into all the Errors of an irregular one. However, as those Instances are relative to only a few, they ought not to prevent our Inquiries into the general Changes made in our Bodies by the different Manners of Feeding. We shall therefore consider Food with respect to its *Quantity*, *Quality*, and the *Times* of taking it.

IF we take too large a *Quantity* of FOOD it will occasion a troublesome and injurious Fulness of all the Humours of the Body, the Quantity being too large to be subdued by the digestive Powers, the Coction and Digestion will be disturbed ; this will breed Crudities, and Corruptions,
which

which will produce a bad Chyle, Disorders innumerable, divers kinds of bad Habits of Body, and a vitiated Nutrition.

GREAT Eaters will sometimes eat such a Quantity as to distend their Stomach excessively; this will cause a great Uneasiness, and, by pressing against the Diaphragm, which is that Membrane that separates the Cavity of the Chest from that of the Belly, and lies above the Stomach, by confining the descending Trunk of the great Artery which furnishes Blood to all the lower Parts of the Body, and lies behind the Stomach; and by pressing also upon the ascending Trunk of the Cava or great Vein, which returns the Blood from the lower Parts; it will bring on a laborious Respiration, a Difficulty of Breathing, an

Anxiety,

Anxiety, and by forcing a greater Quantity of Blood than ordinary into the Head, the Head-ach, a Giddiness, Sleepiness, and sometimes a sudden Apoplexy. In the Stomach itself it causes a Sickness, the Heartburn, and Reachings, which point out the speediest Way to relieve Nature of that oppressing Load.

GEORGE B---, an Undertaker, of an eminent Borough Town, sent his Daughter POLLY to *London*, to have the Advantage of living with an old Aunt, who gives her the best Education, and intends to leave her all her Fortune. *George* is an honest Man, who cuts his Coat according to his Cloth; he sent with *Polly* a Change of Linen and of Stuff Gowns; but since that time a Vacancy happening in that Borough, and the Candidates

In the Palace in spending

spending very large Sums in giving Feasts, *George* finds his Profits considerably increased, and *Polly* has appeared three successive *Sundays* in new Silk Gowns.

WE are taught by Observation, that the Fulness or Repletion which is brought on by the Excess committed in taking solid Food, is for the most part more hurtful, than when it arises from liquid Food.

BUT if the Quantity of Food is not sufficient to repair the constant Waste of the Body, it will necessarily occasion a Languor in all the Functions; the Quantity of the Humours in general will be lessened; the Fat will be consumed, and the Body subsisting partly upon its own Fat, will be-

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come

come emaciated and chilled. The Stomach and the Bowels being empty, will contract ; so that afterwards if there should be a little more than usual taken into the Stomach, it will cause a Pain, Reachings and Vomitings ; and by Custom, that small Quantity which is but barely sufficient to support Life, becomes an intolerable Load upon the Stomach.

A young Lady who was inclined to be fat, was advised to make use of Vinegar, to reduce her Fat ; she lived accordingly upon pickled Mangoes and other Pickles, which in a short Time brought on a Train of Hysteric Disorders ; these she increased much by too spare a Diet ; for though she had left off the Pickles, yet she lived only upon Tea, with the smallest

Quan-

Quantity of Bread and Butter, till she had brought herself almost to Death's Door ; but being at last prevailed upon by her Physician to take more nourishing Food, to increase the Quantity daily, without too much distending her contracted Stomach at first, and to drink a little generous Wine ; she soon recovered a perfect State of Health.

WHEN this spare Diet is carried still farther, to an absolute Fast, and this Fast is long continued, it will induce those Juices which are destined to assist Digestion, the Saliva in the Mouth, the gastric Juice in the Stomach, the Bile and the Juice of the Sweet-bread in the Intestine next to the Stomach, to turn sharp and acrid, from the Want of a fresh Supply to dilute them ; whence arise a stinking

G 2

Breath,

Breath, a voracious Appetite, Belchings, Reachings, a Vomiting of an acrid, bilious, and putrid Matter, with Faintings; and at last, the Appetite for solid Food being totally destroyed, is succeeded by an unquenchable Thirst, and a very great Weakness. The Blood is no longer supplied by fresh Chyle, and yet the Actions of Life still continue for some Time, till the Solids are so much impaired, that the Vessels lose their Tone, and the vital Strength is quite spent. The *Æquilibrium* of the Body being thus destroyed, the Pulse grows weak; the native Heat decreases; the Humours contract the highest Degree of Acrimony, they grow volatile, putrid, rancid and pestiferous, which causes Spasms, Convulsions, Madness, a violent Fever, and Death. All these

Symptoms

Symptoms are the more violent, if there is an absolute Abstinence from Drink as well as from solid Food ; for the Defect of Eating is greatly alleviated by Drink.

UPON the Trial of the late *Williamson*, who was executed in *Moorfields* for confining and starving his Wife to Death, it appeared that the unfortunate Woman was quite like a mad Person the Day before she died ; and that during her Confinement she was troubled with a great Thirst, and many of the Symptoms above taken notice of, as the Consequence of too spare a Diet, and of an absolute Fast.

It appears then from the foregoing Observations, that the Consequence of a slender Diet is more fatal than

of one that is more plentiful ; which is agreeable to the Opinion of Physicians in general ; for it is very easy to remove by Evacuations the troublesome Fulness which is caused by Over-eating ; but it is the most difficult Thing to restore to Health those who have sustained a long Abstinence ; for absolute Fast will corrupt the Humours so as even to occasion the Plague, which is often the Consequence of a Famine.

OLD People, in whom the Actions and Functions of the Body are carried on with less Vigour, bear Hunger very easily ; next to them those that are of a middle Age : Young People bear it with Difficulty, and growing Children not at all. Those who use Exercise most, should eat and drink plentifully ;

tifully ; for we observe, that some Animals, that sleep all the Winter, live without Food. The Healthful and Strong require more Food than the Sickly and Weak ; therefore a slender Diet is more proper for the Sick than the Healthy ; and we generally find that lean People bear Hunger better, than those that are of a fuller Habit of Body, who are also very suddenly emaciated in acute Diseases.

IT is not always necessary to observe the most exact Proportion of solid and liquid Food, to preserve Health ; every Age, Sex, Constitution, Manner of Living, and Climate, require different Rules.

THE famous *Cornaro*, who lived in Health to the Age of One hundred

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and

*The great secret of preserving
Health lies in a strict observance
of proportion in the quantity of
food to our necessities.*

and twenty, lessened every Year the Quantity of his Food, as his Age advanced ; and imputed to the Observation of that Rule both his Health and long Life.

IN most chronic Disorders the Diet should be nourishing and plentiful, if the Stomach will bear it ; as in hypochondriac Disorders, a beginning Dropsy, and in all Cases where the Pulse is remarkably weak and slow, provided it is assisted with gentle and suitable Exercise In acute Diseases, a slender and diluting Diet, such as Barley-Water and thin Panado, is necessary ; particularly so, when the Disease is at its height.

THE Mischief arising from Excess in Eating is, as we observed before, more considerable than that which
Excess

Excess in Drinking will occasion, considering Drink only as a simple Diluter ; for too large a Proportion of liquid Food will impoverish the Fluids, and bring on a Weakness and dropfical Complaints ; but if we drink too little in proportion to what we eat, our Food cannot be sufficiently diluted ; the Stomach cannot digest it so easily ; the Intestines are filled with thick and dry Excrements, which furnish the lacteal Vessels with a less Quantity of Chyle ; and that little being too thick, occasions Obstructions in the Mesentery, which is a double Membrane that keeps the Guts in their Place, and collects the Lacteals, or the Vessels which receive the Chyle from the Bowels. The Blood becomes viscid, and atrabiliary ; the Body grows costive ; and many other

Com-

Complaints arise, which however are easily removed in the Beginning by a few Evacuations, and a more diluting Diet.

THE Application of the above Remarks may very easily be made to the Inhabitants of this Metropolis, if we consider that there is no City in the Universe where the two Extremes of Opulence and Poverty are seen in a more conspicuous Light. There are some who make their Belly their God ; whilst others, destitute of the necessary Quantity of Food to maintain Life, perish by Want.





C H A P. II.

Of the QUALITY of FOOD.

AFTER having considered Food as to *Quantity*, the next Thing which occurs is the *Quality* of it. All those Substances which we take in to repair the Waste of our Bodies, by Way of Food or Aliment, are either from the Vegetable or from the Animal Kingdom, except Salt, which is a Mineral.

OUR Food is either solid or fluid, simple as Nature produces it, or compounded by the Art of Cookery. Providence has indulged us with an amazing Variety of Things which are
proper

proper to repair the continual Waste of the Solids and Fluids of our Bodies, and to preserve Life ; and are particularly adapted to the different Climates, Seasons of the Year, Ages, Sexes, and Constitutions of Mankind ; for they do not agree with every Body alike ; and the Wholesomeness or Unwholesomeness of any one particular Substance used in Food, cannot be positively and generally ascertained, as Things are only relatively and not absolutely good or bad.

EVERY Country has Food proper for its Climate, which is improper for another ; each Season produces Food which agrees generally better at that Time, than the Product of another Season. Nature has provided Milk for Children, a Variety of more solid Food

Food for different Ages ; and perhaps Milk was intended as the Food of old and toothless People.

Mr R - - - -, at the Age of Sixty, laboured under many Infirmities, and particularly the Gout ; but having a great Opinion of a Milk Diet, he took a firm Resolution to take to it. He is now near Eighty, and still lives intirely upon Milk, and divers Puddings made of Milk. The Gout has quite left him ; and he scarcely perceives any of the Inconveniencies of old Age.

D I F F E R E N T Sexes, on account of their different Manner of Living, seem to require different Food. The Variety of Constitutions is infinite, and Men generally consult the pleasing
and

and tickling of their Palate before their Health; or else every one, at the Age of Thirty, might be in that Respect his own Physician.

IT is a common Custom for People at Meals, if there is a physical Man in Company, to ask him many Questions concerning the Wholesomeness or Unwholesomeness of particular Things; some imprudent Practitioners, not considering how much Constitutions differ, generally recommend, or discommend those Things, which agree or disagree with their own Constitution; others, still more imprudent, whilst they give dietic Rules to their Patients, commit daily Excesses in Eating and Drinking; and by their bad Example destroy the best Arguments that might have supported their Doctrine. Dr

Dr L - - - - - was a Man of great Abilities, and sound Judgment in Phyfic ; he saved the Lives of many of his Patients by his judicious Prescriptions, and by regulating their Diet : Yet by his Intemperance he destroyed his own Constitution, and died at the Age of Forty, just as Fame and Fortune began to reward his Merit.

WE find from Observations, that in warmer Climates, in Summer, and to hot Constitutions, the Food which Vegetables afford, is preferable to all others, as it produces more temperate, cool, and acid, or rather acescent Humours. In northern, colder Climates, in Winter, and to cold Constitutions, the Food taken from animal Bodies, being of an alkalescent Nature, dressed

ed and seasoned with Spices, seems to be best suited to recruit our Bodies.

THE different Qualities of our Food are imparted to our Humours; which, while they are yet crude, retain the Nature of the Aliments lately taken, till they are perfectly assimilated to our Juices.

ALL leguminous Substances, all Kind of Pulse, mealy, crude, and unfermented Aliments that are of a viscid Nature, and not seasoned with either Salt or Spices, if they are not properly subdued by the Powers of our natural Functions, will occasion in the first Passages a Loss of Appetite, an Indigestion, a Sense of Fullness, Sickness, and Vomiting. They render the Bile sluggish, slimy, and
unfit

unfit to dissolve the Food ; they fill the Stomach, the Lungs, and the Intestines with nasty Phlegm ; they bring on Costiveness, render the Chyle glutinous and thick, so that the Perfection of it, and its Separation into the Lacteals, is greatly hindered. In the Blood they produce a Paleness and a Viscidity ; they render the Circulation of it very difficult, particularly in the small Vessels, where they give Rise to Obstructions. In the Nerves they occasion a Defect of the most subtil Fluid. They will thus bring on an universal Languishing and Sinking of the vital Strength ; and intirely disorder the Circulation, the divers Secretions and Excretions, and the vital, natural, and animal Motions.

THIS kind of Food will therefore
H be

be very hurtful to those whose Blood is poor, whose Vessels and Viscera are weak; whose Bile is sluggish; and to those who are slothful and use too little Exercise; and therefore those of such Constitutions ought never to eat any crude Vegetables, for they often contain little Eggs of divers Insects, which will be hatched and nourished in their weak Stomachs; and will be the Cause of Worms; we have had Accounts of People who had Toads in their Stomach, by drinking Water which contained the Sperm of Toads.

Mrs *P* - - - - is remarkably prejudiced against animal Food, and thinks that a vegetable Diet is the only wholesome one for every Constitution; her Children are not allowed to taste any Meat, and she stuffs them with mealy Puddings of divers Kinds. They are
always

always pale, sickly, short-breathed, costive, and subject to various eruptive Disorders. These Complaints oblige her to call in frequently the Assistance of Physic ; and they are generally removed by warm stomachic Purges, and aromatic cordial Medicines.

To strong and robust People, whose Blood is rich, whose Entrails are strong, who are very active, and who use much Exercise, leguminous and mealy Aliments may not only be allowable, but even very wholesome, and sometimes necessary.

MANY common Labourers, who in the remote Parts of this Island earn about ten pence a Day, live to a very great Age in a perfect State of Health, upon leguminous Food, and divers
 H 2 kinds

kinds of pulse ; but when any of them come to *London*, where they can earn two or three times more than in the Country, and where they live more luxuriously ; they are often afflicted with a Train of Disorders which forces them into Hospitals, and destroys many.

THAT Food which consists of juicy Acids, that are new, crude, actually fermenting, or already fermented ; of Substances that are actually sour, or that will easily grow sour ; which are mostly taken from Vegetables, ripe Fruits, and their Juices, will more or less affect our Humours with the same acid Qualities ; particularly when it is taken by those who have a lax Texture of the Fibres ; whose Vessels and Viscera are weak, and whose animal Motion is defective.

The

The first Digesters, the Stomach, and the Gut called Duodenum, receive the first Impression ; from thence the Chyle, the Blood, and at last all the Humours of the Body. This brings on four Belchings, Hunger, a gnawing Pain in the Stomach, an intire Depravation of the Bile, Wind, Convulsions in the Bowels, a sour Spittle, Itchings, Obstructions, Pimples, Ulcers, pricking Pains in the Brain and Nerves, the Rheumatism, gravelly Complaints, the Stone in the Bladder, and at last even Death itself.

IT appears therefore that acid Aliments are very improper for those that are already affected with four Belchings ; for Children, slothful, poor People, and Virgins ; and the most so in Winter Time or in cold Weather.

BUT the same Food, taken into Bodies whose Vessels and Bowels are strong, who are full of good Blood, and whose Bile is too much of an alkaline, acrimonious Nature, may, if discreetly used, become extremely salutary. It seems also to have been by Providence intended as the proper Food for Summer and hot Climates.

THE Flesh of Animals and Aliments taken from living Creatures, except the Milk of those that live upon Vegetables ; Fish, Birds of Prey, or such Vegetables, as are apt to turn into an Alkaly, are adapted to Northern Climates ; and proper Food in Winter, for Children, for Women and Virgins, and those that are slothful, and troubled with sour Risings from the Stomach.

IN warmer southern Climates, and in Summer, this kind of Food, when it is taken by Constitutions that are full of good Blood, or such as might already be disposed to Corruption ; by those that have strong Viscera, and who are long exposed to a great Heat, is very improper ; for in these it will occasion Belches of a putrid Stench, a great Thirst, a Loss of Appetite, a bitter Taste in the Mouth, Vomitings of corrupt, bilious Matter, a bilious Looseness, inflammatory Pains in the Bowels, and a Dissolution of the Blood into a putrid Mass, which, being unfit for Nutrition, disturbs all the Functions of the Solids and Fluids ; so that the Circulation, Secretions, and Excretions of the Humours, keep no longer their proper Course ; whence burning hot Fevers, fetid Urine, the

worst of Inflammations, Imposthumes, Gangrenes, Mortifications, and Death. All these Consequences will be still worse, if the Meat is very juicy and very fat.

AROMATIC Spices, when moderately used, by their gentle stimulating Warmth, may be of infinite Service, and greatly assist Digestion; they seem particularly useful to cold Constitutions, Children, Women and Virgins. It is remarkable, that in some northern Parts of the Continent, where the Use of Spices is more frequent than it is here, the Women are less afflicted with Obstructions, and other hysteric Complaints.

BUT the immoderate use of them, will in any Constitution bring on Thirst, the Heart-burn, a Sharpness of
of

of the Bile, and of all the Humours; an Attenuation of the Blood; whence a dryness and leanness of the Body, burning Fevers, Spasms, the Gout and arthritic Pains, and many inflammatory Disorders.

COMMON Salt is the only Mineral used in Food. The inestimable and indispensable Use of it, has been acknowledged from Time immemorial; both profane and sacred History take Notice, that there is nothing in Nature so necessary. It creates an Appetite by stimulating the Fibres of the Stomach; and by dividing and attenuating the Food, it helps Digestion. When it is taken in too large a Quantity, it heats very much; for by its attenuating and dividing Quality it agitates the Humours to an excessive Degree. The Effects of Salt
are

are remarkable upon a Toad ; for if you spread but a few Grains of common Salt upon the Back of that Reptile, it will in a few Minutes throw it into a violent Sweat, Convulsions, and Agonies, which will occasion its Death.

SALT, when immediately applied to any Part that is scalded or burned, before it rises into a Blister, will effectually prevent an Inflammation, and other bad Consequences usually attending Burns or Scalds. Dr V--- drinking Tea at Mr G---'s, had the Tea-Kettle thrown by Accident upon his right Knee ; at the same time the Lid of the Kettle came off, and all the boiling Water contained in it was poured down his Leg ; the Dr immediately ran to the Cupboard, and with all the Salt he could get made a Brine, with

with which he instantly pickled his Leg; it had the desired Effect, for the Dr's Leg was preserved from hurt, except a small Spot under the Shoe-Buckle where the Brine had not been applied, because the Dr did not take off his Shoe, as the Water had not penetrated into it.



C H A P. III.

Of DRINK unfermented.

WHEN we considered the Effects of an excessive Quantity of Food taken into the Stomach, we observed, that an Excess in Quantity of DRINK was less hurtful than an Excess in solid Food; this must be understood of Drink considered as a simple Diluter, which is very agreeable

able to the Opinion of the Antients ; for liquid Food is more easily digested and distributed into all the Parts ; it is upon that Account that it is recommended to Persons just recovering from Sicknefs. The School of *Salernus* directs us to begin our Meals with liquid Food ; and from hence probably arose the Custom of beginning Meals with Soup, which subsists in many Countries, and in some Families here in *England* ; though some People substitute a Glass of Wine before Dinner instead of it.

WE shall here consider Drink, or that fluid Body which we use to quench our Thirst, to help Digestion, and to repair the constant Loss we sustain of the moist and watery Parts of our Humours, as to its different Qualities.

NATURE

NATURE has provided for us a simple Drink, which is *Water*, called by some *true* Drink. Art supplies us with a Variety of made Drinks, such as Wine, Beer, Cyder, and many others, invented to gratify our Palates; and when discreetly and properly used, to revive the Blood and Spirits, and to produce many other Advantages.

WATER, that precious, and natural Liquor of the Poor, is the first and best Diluter. Drank moderately, it helps Digestion, quenches Thirst, is the most proper Vehicle for solid Food, and agrees at all Times with every Age and Constitution, particularly with those that are of a bilious and melancholy Temper. It may produce bad Effects, as we have already observed, when drank to an excessive Quantity.

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THE Quality of Water is frequently rendered very bad, by the various Changes, and the different Principles it receives in the Earths through which it passes ; which may thus become the Cause of different Diseases ; or, it is sometimes impregnated with particular mineral Principles, which render it a safe and salutary Medicine to cure inveterate and obstinate Disorders.

THE wholsomest Water is that which is light, clear, pure and limpid ; without either Colour, Smell or Taste ; that boils easily, and cools soon ; and wherein Peas, or other leguminous Vegetables, are quickly boiled soft ; upon which account it is preferred for Brewing.

THE Ancients esteemed Rain-Water the best ; but it is now universally allowed

allowed that River-Water is the best and wholesomest for common Use ; for when it is left to settle, it will be as clear as Spring-Water. The Water of the River *Thames* is remarkable for its Excellency, and is the best for the use of Ships to carry to Sea.

SPRING-Waters are generally very clear, as they are filtrated through the Earth. But it is very obvious that they still retain some Parts of the divers Matters through which they pass, and may thus occasion Stagnations and Obstructions in the Vessels ; the Gravel and the Stone in the Kidnies and the Bladder, and many other Diseases.

THERE are some Springs, which, though very clear, will petrify Wood, Fruits, Parts of Animals, or any other
other

other Bodies or Things that lie in them for some Time. Some Spring-Waters petrify of themselves, as they fall upon the Stones where they settle. Of this Nature are most Waters that run out of Rocks in Grottos and Caves; which must be very unwholesome and dangerous, and may speedily destroy those who drink them.

A great Number of strange and extraordinary Effects are ascribed by ancient and modern Historians to Waters of several Places; many of them are real Facts, and vouched by undoubted Experiments, whilst others are fabulous.

T H E R E are Springs in *Ireland* which turn Iron Bars into Copper.

T H E Water of the River *Seine* in
Paris

Paris purges Travellers very briskly, when they first come to *Paris*, if they drink of it.

IT is said of a Water in *Normandy*, that those who dip their natural Parts in it several Times, will be cured of their Infirmary.

IN some Parts of the Frontiers of *Switzerland*, the Inhabitants, on account of the Waters which they drink, are subject to strange Wens or Swellings in the Throat and Neck, that are unequal, and often of a very large Size, hanging from Ear to Ear very low down; they are so general in some few Villages of the Vallies between the *Alps*, that they are looked upon there, by the common People, as a necessary personal Accomplishment; and a Woman might as well

be without a Nose, as without one of those protuberant Wens hanging down upon her Breasts. Some eminent Physicians have thought that those Wens were caused by the thawed Snow and Ice which supplies the Springs of those Places, and which the Inhabitants use.

ALL Waters made of Snow, though nothing but harmless frozen Rain, and those made of Ice, are found to be pernicious; for they do not immediately recover, by thawing, their prior wholesome State.

THE Coldness of Water, or the Use of Ice, will have pretty near the same Effect as that of the inspired cold Air, which we have explained in the preceding Section. In some Countries, and for some Constitutions, the prudent and moderate Use of Ice may sometimes

sometimes be proper ; but in general it produces more ill than good Effects. In the southern Parts of *Europe*, where, on account of the Heat of their Climate, they indulge themselves with the deceitful Pleasure of drinking out of Ice, they often pay for it with the Loss of their Lives. In our temperate Climate, though the Inducement is not so great, yet Luxury has introduced the Use of those Sorts of Drinks, and of divers Sorts of Ice-Creams, which are pernicious and dangerous in the Heat of Summer ; for every thing that is excessive is an Enemy to Nature ; and it cannot be safe to throw the Body all of a sudden, when it is hot, into a quite different State, by taking into the Stomach those Things which are excessively cold.

F---- was a Nobleman, of whom

one may truly say, that he was A MAN ; he was a great Advocate for the Cold-Bath, and in general for every Thing that could harden the Body ; and imagined that Cold applied internally must be as salutary as when applied externally. He often drank his Liquors out of Ice, and eat plentifully of Ice-Creams of divers Kinds : After having one Day taken a greater Quantity of these than usual, a fatal Inflammation, which at once affected the Stomach, the Intestines, and the Kidnies, notwithstanding the Assistance of three of the most eminent Physicians, who did not leave him an Instant, made him fall a Victim to this his favourite Opinion.

THE worst Water of all is stagnated Water ; for it is productive of many malignant, putrid, and even pestilential

pestilential Diseases, on account of the Corruption it contracts by long standing.

WE must not here pass unnoticed the bad Effects arising from the too fashionable Use of warm Water, or of drinking Tea, Coffee, Chocolate, or any other Liquids too warm, and in immoderate Quantities; for it brings on in the Seat of the first Digesters a total Relaxation, which occasions an Indigestion; and the Chyle being poor and watery, introduces the same ferrous Quality into the whole Mass of the Blood: The Nutrition is depraved; the Solids are weakened; the Flesh grows flabby; the Nerves impotent; and the vital Strength sinks intirely: Whence various dropfical and leucophlegmatic Affections; feminal Weakness in Men; the Fluor Albus, or the

118 O F F O O D.

Whites in Women ; a Diabetes ; Consumptions ; Hyfteric, and Hypochondriac Diforders.

THE Ingredients which are the Basis of those dietetic Infusions and Decoctions, are not only harmless, but even salutary.

TEA is accounted good for the Head ; it is esteemed to refresh the Spirits, suppress Vapours, purify the Blood, provoke Urine and cutaneous Excretions.

COFFEE promotes Digestion, cures the Head-ach, occasioned by the Fumes of strong and spirituous Liquors ; it is a good Diuretic ; it enlivens the Spirits and quickens the Memory and Fancy. A certain famous

modern

*It is a pity - that Coffee is not
substituted for the Wine &c. &c.
a much more wholesome &c.
beverage than the latter*

modern Author and Poet is said to drink an immoderate Quantity of it.

THE excessive Use of Coffee makes People grow thin and lean; it hinders them from Sleep; it weakens the Body, and suppresses the Appetite for Venereal Pleasures. It agrees better with old, cold, and phlegmatic People, than with bilious and melancholy Persons.

CHOCOLATE, which is the *Cacao*, or by some *Cocoa-Nut* reduced into a Paste, is very nourishing, and a good Restorative for old and decayed People. It is good for the Lungs, and it promotes Venery. It is observed that Chocolate-makers are troubled with dry Asthmas and Disorders of the Lungs; but it is not owing to the Effluvias of the Choco-

colate, but to the Fumes of Charcoal used in the making of it.

MINERAL and Medicinal Waters belong properly to the *Materia Medica*; yet it will not be improper to say something here upon their Nature and Properties.

SOME Mineral Waters are impregnated with a mineral alkaline Salt, and with a calcareous Earth; and are therefore called *Alkaline Waters*. The *Tilbury Water* is reckoned the strongest of this Class in *England*. It is very useful in Disorders arising from Acidities in the first Passages, and in Complaints caused by a Laxity and Weakness of the Fibres; such as some Sorts of Purgings, Female Weaknesses, and cutaneous Disorders. It is generally drank to the Quantity of
a Quart

*is very desirable
Breakfast, for Coffee
than the others*

a Quart a Day, cold or Milk-warm. It passes off by Urine or by Perspiration, and sometimes by Stool.

THE bitter Purging Waters, of which there are some in almost every County in *England*, such as those of *Kilburn, Epsom, Acton, Dulwich, Northall*, and many other Places about *London*, are mild and gentle Purgatives, very efficacious and safe. They operate frequently without Griping, Sickness, or Lowness of Spirits; and rather strengthen the Stomach, and raise the Spirits. They are generally taken from one to three Pints, as Purgatives; but when they are intended as aperient and attenuant Alteratives in chronic Cases, they must be used for common Drink, diluted with Wine, Whey, Milk, or other Liquors.

SEA Water has been by some greatly recommended against stumous Swellings and Obstructions of the Glands, and different Disorders of the Skin. It heats and dries very much, on account of the marine Salt which it contains ; and therefore in Tumors and Swellings of the Glands that are much inflamed, and tend to Suppuration, and in general in all inflammatory Cases, or in Constitutions so inclined, the Use of Sea Water is highly improper. The usual Dose is from half a Pint to a Pint, or more, every Morning for some Months. In many Cases bathing in Sea Water is joined with the Drinking of it.

Chalybeate, Steel or Iron Waters, are of the greatest Importance, being very efficacious ; and they ought never to be drank without proper Advice,

vice, and much less when their Use is not strongly indicated. They are impregnated with Iron, which is a Metal of most excellent Virtue, and of as great Consequence in the Practice of Physic, as Gold is in the Commerce of Life : For the judicious Physician may with Iron or Steel, and its Compositions, when properly applied, often restore to Health People of poor, sluggish, cold, lax and weak Habits. But the Use of that Metal, to those who are full of good Blood and Juices, whose Solids and Fibres are rigid and strong, is very injurious. In the same manner, Gold, in the Hands of the judicious and generous Man, is made the Instrument of Relief to the Poor and Helpless ; but when it is accumulated in the Hands of the covetous Miser, it brings on a Fulness of
of

of Riches, which is the Source of his devouring Cares and restless Nights.

THOSE Waters which contain Copper, and are called *Cupreous Waters*, are little other than a Solution of Blue Vitriol. Their internal Use is not safe.

SULPHUREOUS Waters are said by the Analifers of some of them to contain no actual Sulphur; perhaps it has yet escaped their Art.

THE *Hot Waters*, called *Thermæ*, or Baths, are supposed by some to owe their Heat to an external, and not intrinsic Cause. We have not room here to inquire into their Production; we must refer the Reader to Naturalists who have endeavoured to account for them. The chief Spring of
this

this Kind in *England*, at *Bath*, seems to abound with a mineral Sulphur ; and from the principal mineral Ingredients with which it is impregnated, it is generally accounted a soft, healing, subastringent Balsamic, both internally and externally applied.



C H A P. IV.

Of Fermented, and Spirituous
LIQUORS.

ALTHOUGH Nature has furnished us with only one Sort of Drink, which is Water, it does not follow that Made-Drinks ought to be condemned. It is true, they have not always the real Characteristics of good, simple Drink, which is to moisten, to cool, and to quench Thirst;
but

but we must remember that they were invented for various Purposes, and chiefly to revive the Blood and Spirits, and to assist Digestion. This they cannot do without being of a gentle stimulating Nature ; and therefore it is no wonder that when they are taken in too large Quantities, they should heat very much, and cause Thirst.

WE shall here give a short Account of those Made-Drinks that are most in Use in *England*, and in *London* in particular.

BEER is a vinous Liquor made of malted Barley, and sometimes other Corn. It may justly be called the *Wine of England*, and of most northern Countries. The Quality and the Effects of Beer depend greatly upon the Manner of Brewing it, the particular
Kind

Kind of Corn, the Method of Malt-
ing it, the Quantity of Malt ; and
the Sort of Water used to brew with ;
as also the particular Kind of aromatic
Bitters put in to preserve it.

EVERY Brewer has almost a par-
ticular Method of Brewing. The
Barley of some Countries is better, and
more nourished than that of others ;
some People make Beer of Oats ; others
of some other Corn. In some Places they
dry the Malt with a particular Kind
of Coals, very high and brown, which
gives the Beer a deep Colour ; in other
Places they dry it with Straw, and
make pale Malt, which produces the
fine pale Ales and Beers of divers
Counties in *England*. The Water
makes the most amazing Difference in
Malt Liquors in general, and it is
a common Opinion, that the *Lon-*
don

don strong Beer, called *Porter*, which is a most excellent nourishing and moistening Liquor, for People who use Exercise, cannot be brewed any where, but in, or near this Metropolis. The bitter Plants put into Beer to preserve it, and hinder it from growing sour, are generally Hops. But we are informed, that formerly the Use of Hops was not known in *England*, and that there was a Time when they were called a pernicious Weed : Ground Ivy, Birch, Wormwood, and other aromatic Bitters, supplied then the room of Hops, and are to this Day used for some Sorts of Beer. We should exceed our Limits, were we to enter into all the Particulars of the Brewing Art ; these will suffice to shew the various Differences that produce several Sorts of Beer, which, when they are drank in Moderation,
by

by those who use suitable Exercise, are of an opening, fortifying, moistening, and refreshing Nature. Beer is certainly very nourishing, and makes People fat ; which appears very plain in all northern Countries, where People drink nothing but Beer, and where they are almost all fatter, bigger, and more vigorous than those who live in southern Countries, where Wine is their common Drink, and where it would be indeed subverting the Intentions of Nature to introduce Malt Liquors as constant Drink ; for every Climate produces such Things as are in general best suited to the Constitutions of its Inhabitants.

BEER when drank to Excess, like all fermented vinous Liquors, makes People drunk ; and is apt to form Stones in the Gall-Bladder ; this last

K Effect

Effect may be partly prevented by the moderate use of Brandy.

THE drinking of Beer absolutely requires Exercise ; and those of either Sex who lead a sedentary, unactive Life, ought not to drink much Beer, especially strong Beer or Ale ; Cyder, Wine, or Spirituous Liquors, properly diluted with Water, without Acids, will agree with them much better.

G. P. was the only Son of an ingenious Artist ; he was studious to Excess ; his Mind was always fully employed, and all his Thoughts constantly fixed upon the Subject of his deep Meditations. But his Body had no Exercise. The only Amusement which *G. P.* enjoyed was to go every Evening to a neighbouring Porter-Tavern, where he met with very genteel

teel Company, and a few sincere Friends, who there spent their leisure Hours over a Pot of humble Porter. He was fond of that Liquor, drank no other ; and upon an Average at home and at that Tavern he drank three Quarts a Day. This brought on a very obstinate Diabetes ; and *G. P.* who, contrary to the Advice of his Physician, persisted in close Application of the Mind, without any bodily Exercise, and in drinking his usual Quantity of Porter, died a Victim to his Error in Diet.

CYDER is another native Liquor of some Parts of this Kingdom, made of Apples. It agrees almost with every Constitution, and at all Times, when used with Moderation ; but when drank to Excess, it will cause a very troublesome and dangerous Drunkenness,

ness, particularly in those who cannot easily digest it ; it will greatly disorder the Brain and Nerves, disturb the animal Spirits, and bring on Sickness and Vomiting ; many of those Effects have been ascribed to the Leaden Vessels used in the making of it. For weaker Stomachs, Cyder is very agreeably corrected with a little Brandy. Some have accused this Liquor of occasioning the Leprosy, but Observation does not confirm the Accusation ; and it is generally esteemed good for scorbutic and melancholy People. It is well known from Experience, that most of those who live in Cyder Counties, and drink nothing but Cyder, are strong, hail, and look well. Lord *Bacon* gives an Account of eight People, some of which were near a Hundred Years old, and others above a Hundred, who all their Life-time had drank nothing but this
Liquor,

Liquor, and were so strong at that Age, that they hopped and danced about like young People.

MEAD is a Liquor very common in *Lithuania*, in *Poland*, in *Muscovy*, and in Countries where Honey is very plenty. It is also made in many Parts of *England*; but it is seldom used here as common Drink. It is reckoned, on Account of its oily and balsamic Principles, very proper in Coughs and phthifical Cases. It is hurtful to bilious People; for Honey, of which it is made, easily turns into Bile.

WINE is a fermented Liquor of most ancient Date. It appears from the Holy Writings, that the Use of it was known before the Flood; for we are told that *Noah* (having learned the Art of making Wine in all Probability

bility before the Flood) planted a Vineyard, made Wine, and unfortunately was overcome by the Power of it.

THE moderate Use of Wine, at all Times, and with most Ages and Constitutions, will have the Effect of a most generous Cordial. It fortifies the Stomach, enlivens the Spirits, and gives Vigour to the Blood. It agrees better with old phlegmatic People, than with young, hot and bilious Constitutions.

PLUTARCH relates, that when a very great Plague raged in the Army of *Julius Cæsar* in *Africa*, no Remedy was found so effectual as good and generous Wine, which very soon put a Stop to it, after it was given to the Soldiers of that Army. Is not
this

this a very plain Hint of the Usefulness of it in our putrid, malignant, epidemical and contagious Fevers?

T H E R E are several Sorts of Wines, varying in Colour, Taste, Smell, and Consistence, according to the different Climate, Grapes, and Fermentations. The best are those produced in hot Countries, because the Grapes there ripen better. But Wines which are made in Countries where the Influence of the Sun is weak, are not so spirituous. Some have been of Opinion, that thin and racking Wines are the Cause of the Gout ; because those who indulge themselves with drinking too freely of them, are frequently afflicted with it. But it plainly appears, that the Use of those Wines, or of thin racking Liquors, is not the only Cause of this Disease ;

for it was known in *England* long before the general Use of them ; and we see frequently People, who rarely drink of them, but liberally use other strong Liquors, and live in Sloth and Ease, severely afflicted with the Gout. It is however probable, that Wine, especially thin Wines, when drank in northern Climates, may sooner dispose one to the Gout, than Malt Liquors ; because Beer is generally drank newer than Wine, and is more inclined to work off by Stool ; whereas Wines are thinner, older, and pass by Urine, and the cutaneous Outlets : Malt Liquors kept to a great Age, and old strong Beer, pass the same Way. But as Perspiration for want of Exercise, and by Reason of the surprising and sudden Alterations of the Air here in *England*, is often obstructed ; it is no wonder that in those
who

who take too large a Proportion of those Liquors, and so often that their Parts cannot be carried off by the secretory Vessels, the Matter should be lodged and deposited upon the Joints. It is certain, that periodical Fits of the Gout seldom attack People in Summer, but they generally appear in those who drink very old strong Liquors, after any Cause which may obstruct Perspiration, or in the Winter Season.

T H E R E are many Sorts of Spirits distilled from fermented Liquors ; such are chiefly, Brandy from Wine, Gin and other Spirits from Malt ; Rum from Sugar-Canes, and Arrack from Rice. These Liquors, taken moderately, warm and strengthen the Stomach, they help Digestion, expel Wind, allay the Colic, revive the
Spirits,

Spirits, and promote the Circulation of the Blood : In Apoplexies and Lethargies, from a cold and pituitous Cause, the external and internal Use of spirituous Liquors may be of Service ; the outward Application of them in Burnings has a very good Effect.

F E R M E N T E D and Spirituous Liquors are generally esteemed Cordials ; but they are only such to those who use them in Moderation ; for to those who are constantly drinking such Liquors, the more they are taken, the more they oppress their Spirits, blunt their Senses, spoil their Stomach, and destroy their Strength. They cannot prove a Cordial to them, whose constant and common Drink is a continued Cordial ; they will not invigorate their Blood, help their Stomachs, or give them Spirits. When these

Liquors

Liquors therefore are drank too freely, they thicken the Juices, destroy the balsamic Quality of the Blood, throw the Humours into an excessive Motion, stimulate and contract the Solids, which being not duly repaired, cease to perform their Functions : Hence a depraved Appetite ; Consumptions ; Cachexies ; Obstructions of the Viscera, particularly of the Liver ; and Dropsies. The Spirits are low ; the Nerves are deprived of their most subtil Fluid ; and the unhappy Objects who have contracted an invincible Habit of Drinking those Liquors, are obliged to have constant Recourse to the same again for Assistance ; when they become dull, weak, forgetful, and sometimes die Lethargic, Paralytic, or Apoplectic. Some are subject to a particular Redness in the Face and Eyes, the Gout, gravelly

gravelly Complaints, and many acute Diseases.

SPIRITUOUS Liquors are in general more hurtful to young People than to those of riper Years ; for they bring on old Age before its Time, and prevent the Growth of Youth.

W. is an honest Lawyer, a sincere Friend, and the Gentleman in all his Actions ; his Abilities are great, and the flow of his Spirits amazing. His Thoughts are always employed for the Good of his Clients, who are very numerous, as he is known to be a Man of Penetration and of a clear Understanding. His Mind is greatly hurried and fatigued, and his bodily Exercise rather greater than is proper for his Health : But what is worse, he had lately, through Custom more than
than

than Choice, given into the too fashionable Use of drinking Brandy and Water; which being repeated frequently every Day in Coffee-Houses and Taverns with divers Clients, had destroyed the balsamic Quality of his Blood, depraved his Appetite, depressed his Spirits, and dried up his Nerves to such a Degree, that he could hardly support himself without having daily Recourse to the same Liquor; till a severe Fit of the Gout, attended with a Train of nervous and spasmodic Complaints, was very near destroying him. But, like a Man of Sense, by the Advice of his Physician, he is gradually changing his Diet, renouncing by Degrees strong and spirituous Liquors, and taking milder Drink. This Change, not being too sudden, as it is not intended that he should intirely leave off those Things which

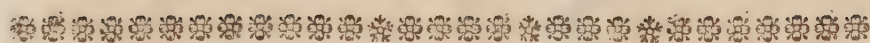
which are now become so habitual to him, that it could not be done without Danger, seems to promise a very successful Event; and there are great Hopes, that this useful Member of Society, will live long to do much good.

A M O N G the various Diseases which the Abuse of Spirituous Liquors entails upon many of the Inhabitants of this Metropolis, none is of late Years so frequent as the Dropsy, which, when it proceeds from that Cause, is frequently incurable. For the Viscera, and particularly the Liver of those Patients, are always in a decayed Condition, and the Cure of that Disorder depends upon the immediate Cause that produced it; which shews how ridiculous it is to expect that any Medicine can be found out that will cure every Species of Dropsies;

Dropsies ; and how deceitful those mercenary Quacks are, who pretend to be possessed of such a Nosttrum. The following Account, communicated by a Gentleman of Character, whilst these Sheets were in the Press, will serve to illustrate what is here advanced, and to undeceive the Public with respect to Mountebanks.

“ MRS. M. had been afflicted with a Dropsy for some Years, for which she had been several Times under the Care of a Physician, who had always relieved her ; but as she advanced in Years, and drank freely of Spirituous Liquors, the Disease returned with redoubled Violence : The same Assistance was had again, but the Constitution being quite broke, the same Success could not be expected. She being impatient, another of the Faculty

culty was sent for ; and she growing still worse, after some time, a Third, and then a Fourth : But the Case being now quite desperate, she was persuaded to send for Signior *L.* who, as soon as he came into the Room, declared the Case desperate ; and being asked to prescribe for her, he said, No, he could do her no Service ; they had sent for him too late. He then took the Guinea offered him, said it was too little ; and as he went out at the Street Door, he whispered the Person that went for him, that he wanted to speak with her ; and the next Day she went to his House, where he told her, that if they would give him *Five Guineas* he would cure her, but he must have the Money down, because the Drugs were very dear : This was refused, and the Patient died in two Days after."



C H A P. V.

Of the TIMES for MEALS.

WE are now come to inquire into the most proper Times for Eating, or taking Food ; for which no general Rule can be given. The Diversity of Constitutions, Ages, Sexes, divers Climates and Customs, will, in that point, make a surprising Difference.

PITUITOUS and *cold* Constitutions, which are known by a Smoothness of the Skin ; thin, fine, and light-coloured Hair ; a pale, cold, corpulent, fat, and sometimes bloated or swelled Body ; a small and slow Pulse ; a dull, unthoughtful, and timorous Mind, bear Hunger best ; the Circulation of the Humours being but languid and

L slow

flow in them, the Attrition of the Parts, the Waste and Loss which their Bodies sustain, is but very inconsiderable, and they may be well recruited with one good Meal a Day ; which should consist of Things that strengthen, heat, and dry ; for such as cool, moisten, and relax, are prejudicial to such Constitutions.

BILIOUS People, who are known by a great Quantity of black curling Hair ; an Hardness, Leanness, and Thinness of the Flesh, a brown Skin, large Veins, a quick and large Pulse ; and a Boldness of Temper inclined to Anger, cannot endure Fasting ; for the Bile, with which they abound, is a strong, sharp, and stimulating Dissolvent, which should always have something to act upon. It is therefore adviseable for them to eat very
often,

often, a little at a Time, or to take four Meals a Day ; a moderate Supper will not prevent them from eating their Breakfast with Pleasure the next Morning. Their Food should consist of Things that are moistening, cooling, and diluent ; for warm and dry Food will hurt them. This will also agree with *hot* and *dry* Constitutions, which are known by thick yellow Hair all over the Body, a reddish Colour in the White of the Eyes, and in the lachrymal Caruncles, with an intense Redness in the Face, Lips and Mouth ; a slender, active, warm and robust Body, a large and quick Pulse ; and an angry Disposition, but soon over.

THE *Sanguine* and *Plethoric*, who are distinguished by a Scarcity of Hair, of a yellowish, white, or brown Colour, the Flesh soft and abundant,

the Veins large, blue, and distended with Blood ; a rosy Colour in the Face ; and an aptness to Anger, with a pliant, fickle Temper ; if they mean to reduce their Fulness, ought to lessen gradually the Number of their Meals, and to eat but little or no Suppers. Their Aliments should consist of such Things as cool and evacuate ; but such as warm or stimulate much are very dangerous to them.

THE *Melancholy* are found from Experience to be best when they take three Meals a Day, Breakfast, Dinner, and an Afternoon's Luncheon, and omit Supper ; for they ought not to go to Bed with a full Stomach, and their Food should be moistening, cooling, relaxing, and moderately emollient. These Constitutions are known by a Smoothness of the Skin, coal
black

black Hair ; a Leanness and Dryness of the Flesh, the Colour of the Skin blacker than is usually observed in People of the same Nation. People of this Cast are diligent, constant, indefatigable, revengeful, penetrating and intelligent.

OLD People, as we observed before, bear Hunger very well, and therefore may be satisfied with one good Meal about the Middle of the Day ; but growing Children cannot be fed too often, by Night and by Day.

THE Air in some Climates is so pure and so sharp, that it creates an extraordinary Appetite ; not only in Strangers, but even in those that are used to it ; and the Inhabitants of those Countries are lively and brisk,

make four or five Meals a Day, eat hearty Suppers, and yet rise very light and refreshed the next Morning : Some People, who in *London* can eat but one Meal a Day, when they remove into the Country, eat three or four Times a Day with Pleasure.

T H E R E is a great deal in Custom ; some People are used to take their Food at particular Hours, and are much disordered when they have it not exactly at the same Time. The Rev. *J. L.* was an hypochondriacal Man, impatient, and full of Vapours. He breakfasted at Nine in the Morning, dined at Three in the Afternoon, drank Tea at Six, and supped at Nine at Night. If by any Accident he was kept but half an Hour longer than usual from his Meals, his Countenance would change, he could not
eat,

eat, nothing was good, nor nothing was right about him that whole Day. But a Chain of Disappointments, which deprived him totally of this Indulgence, had almost cured him of that unhappy Turn, when a severe Fit of the Gout in the Stomach destroyed him before the Age of Forty, and deprived him of a Life which he never knew how to enjoy. There are others who from the Hurry of Business and Affairs, seldom eat a Meal at any regular Hour, and yet are not affected by that Irregularity.

THE worst Case is, when People concerned in particular weighty Affairs, are so much taken up that they cannot find a Moment's Time to take any Nourishment for many Hours to-

gether, and almost for a whole Day ; which frequently happens to some public-spirited Judges, Members of Parliament, &c. who are often detained in the House very late, and are so intent upon the Business of the Day, particularly when there are very warm Debates, that their Spirits are almost intirely exhausted. Many have been thus thrown into fatal Consumptions, and have perished in their Journey to the Southern Parts of *Europe*, where they were advised to go for the Benefit of warmer and purer Air, as the last Resource.

WE find that with the People of this Town, in general, Dinner should be their best Meal. Experience teaches, that those who eat but light Suppers commonly enjoy a better State of Health

Health than those who delight in full, and more particularly in late Suppers.

HIPPOCRATES, *Celsus*, and *Galen*, recommended small Dinners and large Suppers; but their Supper-hours corresponded very near with the modern Dinner-hours of *London*. The Ancients generally dined between Nine and Ten in the Morning, and supped between Five and Six in the Afternoon. In many Southern Parts of *Europe*, where the Air is pure and fine, Supper is still the capital Meal of the Inhabitants, who are remarkably healthy and lively. They generally dine about four or five Hours after rising in the Morning, and sup four or five Hours before going to Bed. It is also a constant Custom amongst them, in fine Weather to take a Walk
after

after Supper, because their Evenings are remarkably serene and pleasant.

IT is very evident, from the foregoing Observations, that the best Rule that can be given with respect to Eating and Drinking, is to proportion our Appetites to our Wants, and our Desires to such Things as are fittest to repair the Waste of our Bodies. Hunger and Thirst are the Monitors of our Wants, which make Eating and Drinking a Duty, and a necessary Pleasure ; but let us eat only to satisfy our Hunger, and drink only to quench our Thirst, if we mean to preserve our Health, and arrive at a good old Age.





S E C T I O N III.

Of EXCRETIONS *and* RETENTIONS.C H A P. I. *Of* SPITTING.

AFTER the ingested Food has sustained the different Actions of the Mouth, the Stomach, and the Intestines; and after the Chyle separated from the putrid Mass is absorbed by the Lacteals, what remains is an Excrement which ought to be evacuated, as being unfit to recruit the Waste of the Solids and Fluids. There are many other superfluous Matters secreted in divers Parts of the Body, which are also excrementitious; and there are some which are secreted
for

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for particular Purposes and Uses that are not absolute Excrements becoming such only on account of their Quantity ; and therefore their Retention is more or less necessary ; such are the Semen, the Menstrual Blood, the Saliva, and others. We shall now consider these separately.

THE *Saliva* is a juice secreted in various Glands of the Fauces, the Palate, and the Tongue, which is brought into the Mouth by peculiar salival Ducts. It is a very useful Humour, and absolutely necessary to moisten the Food when we chew it. It has no Taste, that it may not prevent our distinguishing the true Flavour of the Aliments we take. It is the first diluting and digestive Juice, by the Help of which the Texture of the ingested Food is the better destroyed

AND RETENTIONS. 157

stroyed and dissolved; it becomes useless only when it abounds, and grows viscid and clammy, and it ought then to be discharged, as well as the Mucus of the Nose. Many People are greatly relieved in the Morning by spitting out the accumulated and viscid Saliva, and by blowing their Nose, which clears the Brain, and discharges the Lungs from Phlegm.

WHEN healthy People, instead of swallowing their Saliva, spit it out, they deprive their Aliments of that useful dissolvent Juice which they should receive in Chewing, and thus weaken the Coction of their Food; for by spitting, they drain the first Passages of those similar Juices which Nature has provided there to dilute, and to assist Digestion. This brings on a great Driness, Thirst, a thick
Chyle,

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Chyle, which is not easily separated from the Feces, nor absorbed by the Lacteals. From this Defect of Nutrition proceed Emaciation and Weakness. The Blood being deprived of its Lympha, becomes the Cause of various Obstructions, atrabiliary, and melancholic Disorders.

MEN who are great Smoakers and who chew Tobacco, are sometimes very much injured, as well by the immoderate Spitting which that Habit occasions, as by the Acrimony of the Plant. Many Authors have taken Notice of the bad Consequence of the Custom of Chewing and Smoaking Tobacco to excess. It is well known, that it will draw a great deal of Phlegm into the Mouth ; but the throwing out such a Quantity of Lympha is not equally healthy for every

every Constitution ; it may be of Service to those who are full of gross Juices, but to dry and bilious Habits it is very offensive, as it will dry up and wither their Lungs. Many have been thrown into a Consumption, who flattered themselves that the continual Spitting brought on by that foolish Custom of chewing and smoaking Tobacco, was necessary to preserve their Health ; not considering what Injury they did themselves by robbing the first Passages, and indeed the whole Body of its salutary Juices.

THERE are some Kinds of Spitting that are morbid or unnatural, which happen in acute as well as chronical Diseases ; but these are to be considered and distinguished into critical or salutary Excretions ; and symptomatic, or such as attend the
Disease

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Disease as a Symptom of it, and give no Relief to the afflicted Person.

IN the Confluent Small-Pox, a profuse Spitting and a perfect Salivation constantly attends grown People, and is of infinite Service.

SLOW, Nervous, and Miliary Fevers, are frequently carried off by a free and spontaneous Salivation, without Aphthae.

IN Scorbutic, Hysteric, Hypochondriac, and Melancholic Patients, such Salivations frequently happen as perfectly resemble those excited by Mercury; but they are seldom critical, being generally symptomatic, and wasting the Patient very much. A judicious Translator of BOERHAAVE'S *Aphorisms*, observed such a one in a
young

AND RETENTIONS. 161

young Lady his Patient, which continued for three Weeks together, to the Quantity of above two Quarts a Day ; and could not be suppressed till the Tone of the Vessels, and the Crasis of the Blood was restored.

ANOTHER young Lady of this City, who had been cruelly afflicted for some Years with a Train of severe Hysteric Complaints, after a Miliary Fever, had, in Succession, first, an Eruption all over her Face resembling an *Herpes Miliaris*, then an immoderate Crop of Aphthæ, or Thrush in the Throat and Fauces ; and lastly, when the aphthous Incrustations fell off, they were succeeded by an amazing and profuse Salivation : It was attempted, for the Space of six Months, to stop it by Revulsions and Cathartics, but in vain ; this so relaxed and

M weakened

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weakened her Constitution, which was too much so before, that she was brought to Death's Door; but after taking Medicines that were calculated to strengthen and brace up the Vessels, and to restore the Crasis of the Blood, she happily recovered in three Weeks time.

THAT Kind of Spitting which is attended and excreted with a Cough, is always a Sign of Affections of the Lungs or the Parts subservient to Respiration; and when it is thin, ferrous, copious, round, saltish, sharp, exciting a troublesome Cough, and expectorated with great Difficulty, vellicating and tearing the small Vessels of the Lungs; it ought to be suspected, being of no good Omen, and laying the Foundation of a Consumption of the Lungs.

CHAP.

CHAP. II. *Of* STOOLS.

WE have already observed in the preceding Chapter, that the accumulated Feces, after the Separation of the Chyle, remain useless in the Intestines ; and therefore they ought to be evacuated at least every Day : This Evacuation is of much Consequence to Health, and a great Regard ought to be paid to its State, which may be defective divers ways. For Stools may be suppressed ; they may be too frequent, and attended with a Looseness ; or the Matter thus evacuated, may vary as to Colour and Substance, and in being more or less concocted, or crude.

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A Suppression of regular Stools, is that State of the Body in which the Feces are preternaturally retained in the Intestines, particularly in the last Gut but one, called *Colon*, where this most frequently happens.

THIS Constipation is frequently brought on by the Heat of the Air, profuse Sweats, a too sedentary Life, a neglect in going to Stool ; Food that is glutinous, viscid, or astringent ; a long Fast, the drinking of rough red Wines, too much Sleep, Sadness, Grief, and too intense an Application of the Mind. It is very familiar to some of the Fair Sex, who often are several Days, nay a Week, or more, without going to Stool ; by which they are subjected to many Complaints, such as the Tooth-ach, Pains in the Head, Palpitation of the Heart, and

AND RETENTIONS. 165

and many others, proceeding merely from that Cause.

PEOPLE who do not regularly go to Stool every Day, or at least every other Day, and in whom this Evacuation is frequently, and long suppressed, are liable to various Disorders, particularly to an Induration of the Excrements, a Distention of the Intestines, a Compression of the abdominal Vessels, a Swelling of the Belly, colicky Pains, hypochondriac Affections, the Piles, an Heaviness in the Head with Pain and Giddiness ; sore Throats, sore Eyes, Vomitings, Fevers, Inflammations in the Bowels, and the Iliac Passion.

MRS N. was an old Maiden Lady who led a very sedentary Life : She neglected too often going to Stool

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when she might have gone, and commonly went but once a Week. This she was obliged to force by taking some purging Medicines. Having once neglected this Evacuation for the Space of fourteen Days, she was seized with a violent inflammatory Colic. She had recourse to her usual purging Medicines, and others more powerful, but in vain. She called in a Physician, who ordered Bleeding, Fomentations, the warm Bath, and a Clyster. She consented to be bled, but the other Application, the Clyster in particular, she desired, unknown to her Physician, to be deferred to the next Day. But before the Physician paid her a second Visit, all the Symptoms increased, a bilious Vomiting supervened, attended with an Hic-cough and Convulsions, which soon ended in Death.

THE opposite Affection to Costiveness is a Looseness, which may be occasioned by eating too large a Quantity of juicy Summer Fruits, drinking of new fermented, or still fermenting Liquors ; immoderate Anger, a sudden Fright, or Terror, a cold damp Air, and particularly walking in the Wet, or the Application of any cold and damp Things to one's Feet ; and any thing which may obstruct Perspiration. Too strong, violent, and irritating Cathartics, taken imprudently and in too large Doses, will often bring on a fatal Over-purging. We had a recent Instance of this Kind in this City.

A Patient of Mr T. G. who is a skilful and an experienced Surgeon, being afflicted with a carious Jawbone, and too impatient to submit to

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a regular and safe Method of Cure, at the Eve of an Exfoliation of the Bone, and in all Probability of a successful Event, unhappily applied to an injudicious Quack and Mountebank, noted for his bombastic Jargon in *Moorfields*, who ordered him six Cathartic Pills, which, had he taken them all, must have proved his immediate Destruction, since it appears from the following Letter of an Apothecary to Mr T. G. that half the Quantity was probably necessary to his Death.

S I R !

“ About two Months ago, I well
“ remember that the late Mr P. in-
“ formed me, the Quack-Doctor
“ had undertaken to cure his Mouth
“ for Twelve Guineas and a half, the
“ half

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“ half Guinea for the Doctor’s Man,
“ one half of which Sum to be paid
“ down before any Application was
“ made, the rest of the Money to be
“ paid when cured : He likewise told
“ me, the Doctor had promised to
“ cure him in the Space of two
“ Months ; and further said, the
“ Doctor told him, that if he had
“ been under Mr G’s Hands a Month
“ longer, he would have killed him.
“ Some Time after the Deceased told
“ me the Doctor had often flattered
“ him with a safe and speedy Cure ;
“ but as soon as he healed up one Ul-
“ cer, another broke out. He paid
“ no Regard to his Constitution, a
“ Proof of which, by ordering him
“ to take six purging Pills one Morn-
“ ing. I luckily called to see him
“ the Night before, and perceiving
“ the poor Object excessive weak and
“ faint,

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“ faint, advised him to take but Three
“ of the Pills instead of Six ; accord-
“ ingly he took three, which gave
“ him about *Thirty Stools*, and in my
“ Opinion, had he taken the six,
“ Death would have soon followed
“ the strong Effect of the Pills. In
“ short, the Deceased told me, the
“ Doctor used him more like a Horse
“ than a Christian.”

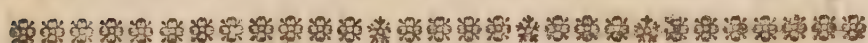
July 16, 1766.

Signed J. A.

EVACUATIONS by Stool afford both good and bad Signs in many Disorders, and this appears from the Coction and Crudity of the Matter excreted, the Time of its Appearance, the Substance, the Quantity, the Frequency, and the relieving or injuring the Patient. Excrements that are of a natural Colour, are generally a good Sign ;

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Sign ; but when they are black, green, purulent, fetid, yellow, cadaverous, coming away insensibly, they are generally a very bad Omen.



C H A P. III. *Of URINE.*

THE Urine is a watery Excrement secreted in the Kidnies, and transmitted by the Ureters to the Bladder, where it is collected, and from which it is discharged from the Body.

THIS Evacuation is absolutely necessary, for when it is stopped, and the Urine is accumulated in the Bladder, it may produce many Ills. The distended Bladder will cause a Pain in the hypogastric Region ; it may bring
on

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on a Convulsion or Spasm in the Sphincter or Constrictor Muscle of the Bladder; a Suppression of Urine not easily cured, and sometimes, from the Acrimony of the stagnated Urine, an Inflammation of the Bladder, speedily turning to a Gangrene. *Sennertus* relates, that a famous Mathematician, being confined in the Company of Women for a great while, and too bashful to mention the want he was under of making Water, kept his Urine so long in the Bladder, till it brought on an Inflammation, of which he died.

A young Lady of this Metropolis, confined in a Stage-Coach for many Hours, by keeping her Water too long in the Bladder, brought on an almost fatal Suppression of Urine, which was happily

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happily removed by the Use of the hot Bath.

IT is still worse, when the Secretion of Urine is by any Cause prevented in the Kidnies, and the sharp urinous Serum thus retained in the Blood ; for it will occasion a Putrefaction, which will be communicated to all the Humours of the Body ; whence a great Anxiety, Thirst, Nausea, and Vomiting. The Saliva, the perspirable Matter, and the Sweat, acquire an urinous Smell ; and at last there will come on Tremors, a Vertigo, a Delirium, and Convulsions, which end in Death.

THERE are many Disorders which may be judged of by the Urine, and the Observation of it is of great Importance in presaging a good or bad
Event

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Event in Diseases. This depends chiefly upon the Differences of Urine, with respect to their Substance, Qualities, Quantity, and Contents.

THE Doctrine of Signs by Urine is supposed to have been introduced by *Hippocrates* ; but those Physicians who succeeded him did not cultivate it, but much neglected it ; perhaps on account of the many Artifices practised to deride the Art, and to impose upon Physicians, which however may be easily avoided ; and provided we are sure that it is the Urine of the Patient we attend, and we weigh with Judgment the other Symptoms of the Disease, our Prognostics will generally be true and certain. The Urine, for Example, of a dying Patient in an ardent Fever, voided in a very large Quantity, is colourless, hardly

hardly froths, and in every respect appears like that of hysterical Women. Yet no Physician, knowing it to be made by one in the Agonies of Death, would commit so egregious an Error as to pronounce it hysterical Urine.

BOERHAAVE relates, that there was a Man at *Amsterdam*, who lived by foretelling from the Urine no other Event but Death or Recovery. He inquired whether the Urine had been long retained, and discharged in the Morning fasting; and being certain of this, he tasted the Urine, and as long as it left any Impression upon the Tongue, he pronounced that the Hour of Death was not yet at hand; but as soon as he found it insipid, he foretold instant Death.

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IT would be foreign to our present Subject to enter into all the Particulars relating to Urine ; our Purpose here is only to shew, that the Urine certainly demonstrates to the judicious Physician the Nature and Velocity of the Blood ; the Symptoms and Stage of the Disease and Concoction ; the State of Secretion and Crisis ; Disorders of the Parts subservient to the Secretion and Excretion of Urine, and in some measure of the Genitals of both Sexes ; some Disorders in the Bile ; and Disorders attending hypochondriacal and hysterical Affections.

THE Urine of the Fair Sex, particularly of those who use little Exercise, is in general very pale ; but the Urine of People that use much Exercise, appears very high coloured ;
which

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which shews an increased Velocity, and a great Attrition in the Humours.

URINE that contains Blood, Matter, Caruncles, Threads, grumous Concretions, Sand, Gravel, Pieces of broken Stones, or a Mucus at the Bottom ; denotes Disorders in the Kidnies, the Bladder, and Urinary Passages. Some of those Symptoms often appear also in Gonorrhœas and other Venereal Affections.

ONLY Urine, of a greenish yellow Colour, voided by Patients who have a yellow Skin, Pains in the Bowels, the Hypochondria, and other Parts of the Body, is always a certain Sign of a Jaundice.

IN the worst Kind of atrabiliary
N Disorders,

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Disorders, the Urine is sometimes quite black ; it will have the same Colour in a Gangrene of the Kidnies, or after the Use of *Cassia Fistularis*. Many inoffensive simple Medicines taken into the Stomach, will cause the Urine to appear almost of any Colour ; so that the most skilful Physician, not knowing what the Patient has taken, might be deceived and led into great Errors. Turmeric tinges the Urine of those who have taken any inwardly, as in the Jaundice ; Saffron renders the Urine like that of a Patient afflicted with an ardent Fever ; Rhubarb gives it also a very high Colour ; Asparagus and many other Things, give the Urine a very fetid and disagreeable Smell, not unlike that which appears in a dissolved and putrified State of the Humours, when
the

the Patient is in Danger of perishing very soon by a Gangrene of some internal Parts. All those Particulars therefore plainly shew how adviseable and necessary it is for a Physician to know enough of the Disease from the other Signs, before he gives his Opinion on the Urine.



C H A P. IV.

Of CUTANEOUS EXCRETIONS.

TH E R E is a thick greasy Humour, filtred in divers Parts of the Body by certain Glands called the *Sebaceous Glands*, which is intended to defend the Skin from the Sharpness of the Salts which abound in Sweat and Perspiration, and to prevent an Excoriation of those Parts

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of the Body most liable to Friction. This Humour in the Parts where it is deposited, acquires sometimes a Consistence, particularly about the Nose, upon the Forehead, between the Shoulders, and upon the Outside of the Thighs, where it forms little black Spots, and is squeezed out in the Shape of little Worms; which makes ignorant People imagine that they are Animals. This sebaceous Humour appears also about the Pudenda of both Sexes, drying up in the Form of small Scales: Some, not knowing its Use, for the sake of Cleanliness, have rubbed and washed it away, which has been attended with Excoriation of the Parts.

INSENSIBLE PERSPIRATION, is an Evacuation of great Moment, and many Diseases arise from its being obstructed,

structed. It carries off in some Constitutions in warmer Seasons and Climates more Matter than all the other Emunctories. Hence *Sanctorius* advises us, very carefully to avoid the deceitful Pleasure of suddenly cooling the Body when heated by Air or Exercise; yet, it has not been determined, what Quantity of Perspiration is necessary in every Person to maintain Health; since the other Evacuations may help or diminish it considerably.

IT appears, by the *Aphorisms* of SANCTORIUS, that in *Italy* Perspiration is twice as large in seven Hours of quiet Sleep as in an equal Time when awake, and that Perspiration in that Country exceeds all other Evacuations. He says, that if the Meat and Drink of one Day be eight Pounds,

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insensible Perspiration usually rises to about five Pounds, the Urine to about thirty two Ounces, and Stools to about four Ounces. But from the Statical Tables of Dr *Keil* at *Northampton* in *England*, of Mr *Rye* at *Cork* in *Ireland*, and of Dr *Lining* at *Charleston* in *South-Carolina*, it appears, that in those Places Perspiration is considerably greater in the Day than in the Night ; and, what is most remarkable, that Urine in the whole Year exceeds Perspiration, not only in *England* and *Ireland*, but even in *South Carolina*, a Country much hotter than *Italy*. Dr *Bryan Robinson* says, that a firm Belief of the Doctrine of *Sanctorius*, and that it obtains in other Countries as *Sanctorius* affirms it does in *Italy*, has hurt many. For it is natural for Persons thus persuaded, when they awake in the Morning,

and

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and find any Moisture on their Skin, to be afraid of Rising, lest they should check Perspiration, and to continue in Bed till the Moisture goes off of itself; by which erroneous Conduct they relax and weaken their Constitutions, and frequently become Valetudinarians, from being Persons of naturally strong and healthful Bodies.

It is not improbable that many People increase Perspiration beyond what is necessary, by being over-careful to defend themselves from the Injuries of the Air. Do we not see, even in the coldest Climates, People go almost naked, without any Injury to their Health? And by that means hardening their Bodies like our Hands and Faces, which we can expose to very severe Cold?

MR NASH, the late Master of the

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Ceremonies at *Bath*, always went with his Breast wide open, and exposed to the Air, even in the severest cold Weather ; his Cloaths were cut in a Slope over the Breast, down to the Navel, and could not meet ; yet he was very healthy, and lived free from Diseases to a very advanced Age.

A N increased Perspiration, beyond what is absolutely necessary for Health, weakens the Body, brings on an intricate sinking of the Spirits, Fainting, and sudden Death.

A Suppression of it beyond Measure dries up and stiffens the Skin, obstructs the smallest Vessels, increases the Bulk of the Humours, creates an Heaviness perceivable by the Senses, and an increased Weight of the Body, demonstrable by a Scale ; Lassitude, Anxiety,

AND RETENTIONS. 185

Anxiety, Sluggishness, Tumors, Pains and Inflammations ; except some other Evacuations speedily supply the Place of Perspiration. This Suppression is also the frequent Cause of Fevers, Erysipelas, Rheumatisms, and the Gout. When it is very sudden, it is, here in *London*, as well as in other Places, too often the Cause of putrid and malignant Fevers, whether they be brought on by the sudden Changes of the Air, or by imprudently going out of a warm Place into the cold Air. Many People coming out of a Ball-room, or of the Play-house, when their Bodies have been very hot, have fallen a Sacrifice to their Imprudence, and have died of putrid Fevers, brought on by no other Cause. We had a recent Instance of it, by the Death of his late Royal Highness the Duke of *York*, one of the most amiable

ble

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able Princes, who died of one of those Fevers caught by exposing himself to the cold Night Air after dancing. These Fevers are the more dangerous, because they steal, as it were, upon the Patient, and during the three or four first Days, they have only the Appearance of a common Cold, which makes People defer applying for Advice till the Disease has gained deep Root, and Nature begins to be conquered by it; when the Art of Physic comes too late to save the unhappy Objects, who sink under the Weight of many dreadful Symptoms. For all the Miseries that can afflict human Life, sometimes attend malignant Fevers.

SANCTORIUS was the first who taught us that a just Proportion of Perspiration is of the greatest Consequence, as well for the Preservation of Health

AND RETENTIONS. 187

Health as the Cure of Diseases. Many Authors have confirmed, and improved the same Doctrine ; and from their Observations, have shewn how far the *Aphorisms* of SANCTORIUS are agreeable to those who inhabit these northern Climates.

WHAT we have said of Perspiration is very applicable to Sweating, except that it is not so absolutely necessary in a State of Health. The Excess of it dries and weakens the Body, deprives the Humours of their watery Parts, and induces the Blood to an inflammatory and atrabiliary Disposition. A sudden Suppression of it will equally hurt as well as a Suppression of Perspiration.

MANY malignant Diseases are often carried off by critical Sweats towards

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wards the State of the Disease. But often in the Beginning they are also attended with profuse Sweats, to the great Detriment of the Patient, who is thus reduced by those symptomatic Sweats to an extreme Degree of Weakness. Those Sweats that we call *critical* and *salutary*, are moderate, warm, equally diffused over the whole Body ; they come on about the State of the Disease, and are generally distinguished by the Name of *Breathing Sweats*, which render the Pulse more open, soft, and calm. But when a Sweat is profuse, cold, clammy, partial, or extending only about the Head, Neck, and Breast, with a Sinking of the vital Strength and Pulse ; it denotes no Good, increases our Fear, and takes away all Hope of a Recovery.

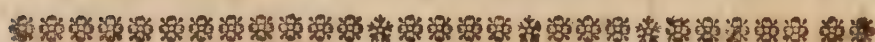
THERE

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THERE appeared in *England* about the Year 1481, a Disorder which was called *The Sweating Sickness*, and by Foreigners *The English Sweat* ; for it is reported that it was peculiar to *England* and its Natives : That those who retired to *France*, *Holland*, and *Scotland*, were equally subject to it as if they had taken no such Precaution ; and what is still more surprising, that Foreigners residing in *England* were not attacked by it. It returned again in 1485. Then in 1506. Afterwards in 1517. It appeared again in 1528, or 1529, at which Time alone it spread itself to the *Netherlands* and *Germany* : A Circumstance which shews the Impropriety of calling it *The English Sweat*, in Latin *Sudor Anglicanus* ; besides *Sennertus* takes Notice, that it spread as far as *Denmark*, *Norway*,
and

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and *France*. It raged again in 1548. And the last Return of it in *London* was in 1551, when it was so violent as in one Day to take off an Hundred and twenty of the Inhabitants of *Westminster*. Some were seized abroad, and cut off on the Road, others at home. Some when awake, others when fast asleep. Some died in a Moment, and others in one, two, three, four, or more Hours after they began to sweat.



C H A P. V.

Of VENERY.

TH E R E is no Evacuation that does so much Mischief as Venerie when carried to Excess. It brings

AND RETENTIONS. 191

on a total Loss of Strength, and irrecoverably enervates the whole Body. By drawing constantly the best Juices from all the other Parts, it robs them of their proper Nourishment, and impoverishes them. Hence a Lassitude, Weakness, Stiffness of the Joints, Weakness of the Loins, Pains in the Head, hectic Heats, Convulsions, a Bluntness of all the Senses, and particularly of Sight; Blindness, Foolishness; a febrile Circulation; Leanness; a Consumption of the Lungs and of the Spinal Marrow; and an entire Effemination.

ALL those Disorders are still increased and rendered incurable from the perpetual Desire to Venery, which the Mind contracts as well as the Body; by which it happens, that even in Sleep the Mind is constantly employed
in

in obscene Dreams, and the Parts relaxed to the highest Degree, upon the least Irritation, and by the Stimulus of the Mind, or even without it, emit the small Quantity of the repaired Sperm. The Excess of Vener-ry, therefore, destroys the Bloom of Youth, and is pernicious to old Age. The Death of old Men, which often follows soon after they marry young Wives, sufficiently declares, that Love was not made for them.

T. T. who, to the Age of Seventeen had enjoyed an excellent State of Health, and whose Body was strong, robust, and remarkably well made and proportioned, in the Course of one Year was reduced to a mere Shadow; and from a fine Youth became an hideous Spectre, having the Appearance of a Skeleton. He was feeble,

ble, and seemed to labour under all the Infirmities of old Age : His Limbs could no longer perform their Duties ; his Senses, and all the mental Faculties, were blunted and impaired. The Bark, the Cold-Bath, Asses-Milk, Chalybeates, Vitriolic Acids, in short, all regular, and even quack Medicines, had been tried in vain. *T. T.*'s Physician, suspicious of the Cause of all those Misfortunes, took him to Task, and positively charged him with being guilty of Self-pollution ; which having at last acknowledged, Orders were given that he should never be left one Instant alone, neither by Night nor by Day. This Restraint had the desired Effect ; *T. T.* gradually recovered his Strength ; he was introduced into the Company of an accomplished young Lady ; a mutual Passion soon terminated the

O Courtship

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Courtship in an happy Union. *T. T.* is now a Husband, and a Father; and enjoys again an excellent State of Health.

OLD *R.* after having settled his Children in the World, being left to keep House with a young Maid-Servant, and having his Mind intirely disengaged from Business, began to fancy himself young again, and turn his Thoughts to Love. He married this young Woman in the Beginning of *September*, and lived with her just the Honey-moon over; for he died in *October*, and left her enough to purchase a Husband who will suit her Age and Constitution much better.

THE famous *Bebe*, the late *Stanislaus* King of *Poland*'s Dwarf, fell a Victim to Venery. He was the Son
of

of strong labouring People ; born so small, that a wooden Shoe served him by way of Cradle. It was with much Difficulty that his Mother reared him, his Mouth being so small that he could only take in Part of the Nipple. He grew but slowly to the Age of Twelve ; and when at that Age, Nature seemed to make an Effort, which proved unequal in many Parts, for it made him disproportioned. *Bebe* had a very imperfect Understanding. He was fond of Music, and susceptible of all the human Passions. His Propensity to Venery appeared at the Age of Eighteen. He indulged it to that Degree that he began to decline at Two and twenty, and died of old Age before he was Thirty.

CONSTITUTIONS vary considerably, and there are some who may

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be indulged, nay even require Venery; whilst others are much injured by the most moderate Use of it. The sanguine and bilious Constitutions are fitter for Venery than the melancholic and pituitous, whom Venery very much injures. Youth is not so fit for it as the Age of Manhood. It is properest in Spring, next in Winter, and next to that in Autumn; but very improper in Summer. *Galen* says, that the moderate use of Venery rejoices the Heart, makes Respiration free, drives away Melancholy and Sorrow, sooths Anger, and lulls to Sleep those who have been long wakeful.

ABSTINENCE from Venery seldom hurts People, if we except very few Instances, which have been seen in Constitutions that were remarkably
lustful,

lustful, and were hurt by a weakening Pollution, Gleets, Tumors, Pains, and Inflations of the semiferous Vessels: It will also bring on Spasms, a Satyriasis, Melancholy, and a Venereal Mania, called in Women *Furor Uterinus*.

T H E R E is perhaps no City in the World where Vices reign more than in *London*, and that of promiscuous and illicit Venery in particular. It would fill large Volumes to enumerate the Train of dreadful Disorders which the *Lues Venerea* inflicts upon those who are so unfortunate as to cohabit with infected Persons, or upon those still more unfortunate Victims who have that terrible Disease communicated to them without any Guilt on their Side, namely, the Wives and Children of those Men who marry before they are cured of this Disease,

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either knowingly, or imagining themselves quite sound, when they have only gone through a palliative Course of quack Medicines ; or who after Marriage are guilty of criminal Connections with Prostitutes.

WHEN this Disease is hereditary in Children, it is hardly curable. Hence arise so many chronical Diseases, entailed upon Families from Generation to Generation, which elude the Force of all Medicines, and the Skill of the ablest Practitioners in Physick.

C. L. was a young Gentleman of an immense Fortune, whose Character was universally admired. He had in his Travels unhappily contracted the Venereal Disease, of which he had been only palliatively cured by a Pretender in Physic. At his Return

turn from Abroad, he paid his Addresses to a young Lady, whose Beauty and Merit had made her the Toast of the genteelest Tables. He married her. She became pregnant, and was delivered of a son. But alas ! soon after his Marriage he complained of Night-Pains in the Middle of his Limbs, with a Stiffness of the Joints, an intolerable Pain fixed in the Middle of the Skull, with large Knobs, obstinate Imposthumes, and many other Symptoms too tedious to relate. His Wife began also to be afflicted with strange Complaints in various Parts of her Body, which made him suspicious of his not having been properly cured. He related to her what had passed, and told her that it would be advisable for them to have proper Advice. But a mistaken Bashfulness made her reject the Counsel, and she desired

that he might take her into the South of *France*, where, not being known, she thought, that she could with less Restraint communicate her Complaints to a strange Physician. But she died on the Road ; and he, in a Fit of Despair, put an End to his Life. Their unfortunate Offspring has been attended by a Physician, to whom the Father applied before his Departure, and there are great Hopes that he will be cured of this hereditary Distemper, which had already made its Appearance in various Shapes.



C H A P. VI.

*Of the MILK, the MENSES, and the
PILES.*

MILK is a nutritious Juice secreted from the Blood in the
Breasts

Breasts of Women, for the Food of the new-born Infant. Too great an Excretion of it, or greater than the Strength of the Nurse will admit, deprives the Body of its necessary Nourishment. Hence Nurses who suckle very strong Children, or more than one, or who give suck too long and too frequently, are often pale and weak, subject to profuse Sweats, hectic Fevers and Consumptions. It brings on a great Dejection, Faintings, Palpitations of the Heart ; a Bluntness of the Sight, many hysteric Disorders, and if they should happen to conceive, a Miscarriage.

THE Multiplicity and Variety of Affairs and Connections, makes it rather difficult for Mothers in this Metropolis to suckle their own Children ; they ought therefore to be most scrupulous

pulous in the Choice of their Wet-Nurses, taking Care to have them of a good Habit of Body, and married to Men who are sound, and not afflicted with any Disease, which they might contract, and communicate to the Child.

IN great Families, where Nurses are kept in the House, and feed high ; it is a very erroneous Precaution to keep them from the Connection and Embraces of their Husbands, with a Notion that their Milk will be tainted. It is true, that the immoderate Use of Venery will vitiate the Milk, and that if the Nurse should conceive, she will give but weak and bad Nourishment. But a rigorous Chastity, observed by Nurses who live high, will hurt the Milk much more, by throwing them into violent Hysterick Fits. This is agreeable
to

to the Opinion of *Hippocrates*, and to the Dictates of Nature ; for we see the Children of common Country People are generally strong and look well fed ; yet the Mothers lie every Night with their Husbands, without incurring any Inconveniencies with respect to their Milk.

A Suppression of the Milk ready formed in the Breasts, occasions a great Distention, Tumor, Pain, Fever, Inflammation, Suppuration, a Schirrhus, and if it is not timely carried off by Perspiration, Sweat, Urine, Stools, the Lochia, and the Monthly Courses, it causes a Series of Disorders.

EVERY Woman who has attained the Age of Puberty, in Health, neither pregnant, nor giving suck, until the Age of fifty or thereabouts is
subject

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subject to an Evacuation of Blood from the Womb, which in general returns every Month. When a Woman is disordered in her Health, Practitioners in Physic commonly suspect this Evacuation to be the Cause of it, either by a Suppression of it, or by too copious a Discharge, or by its appearing at irregular Times. Some have given this Evacuation the Name of Women's *Flowers*, probably as an allusion, that after the Appearance of Flowers, or the Blossoms of Trees, Fruit may be expected. For few Women ever conceive before these Monthly Courses have once appeared ; and a Suppression of them is generally looked upon as a Sign of Sterility. *Hippocrates*, and several other Authors after him, have however taken Notice of Children born of Women who never had their Menfes.

MANY

AND RETENTIONS. 205

M A N Y Disorders may arise from the Suppression of this Evacuation : Such as Tumors, Abscesses and Ulcers in the Womb ; the *Febris Alba* or White Fever, a great Sickness, Vomiting of Blood, dropfical Complaints, Coughs, Faintings, Pains in the Head, Melancholy and Madness.

P H Y S I C I A N S cannot be too inquisitive, with their female Patients, nor Women themselves too particular about this Evacuation, for it is to them of the greatest Consequence; and from the irregular Affections attending it, many of their Disorders are easily accounted for. When the *Menses* flow in too great a Quantity, or longer than is fit for Health, it will bring on many grievous Complaints. This however depends greatly upon the Constitution ; some Women having naturally
much

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much of them, others very little. In some they flow many Days, in others very few Days. That Quantity is called *too great*, which injures the natural Actions of the Body ; when it brings on a great Weakness, low Spirits, Cachexies and dropfical Disorders ; all which may also happen from the Menfes flowing oftener than once a Month, or from their dropping constantly.

WHEN the Courses are retarded beyond the usual Term, or when they flow too sparingly, these Affections bear an Affinity with their Suppression, and will bring on the same Disorders above related as the Consequence of a Suppression of this Evacuation.

THERE

AND RETENTIONS. 207

THERE are various Instances of the Menfes breaking out and flowing through unusual Places, the Gums, the Navel, the Groin, &c. which although very extraordinary, does not seem to be of any dangerous Consequence ; and much less when a Bleeding of the Nose is substituted to that Evacuation.

MISS G. accidentally pricked her Fore-finger of the left Hand when she was but fourteen Years of Age, and before her Courses had made their Appearance. The Needle had run pretty deep into a small Artery, and it bled two Days. Some Time after this Accident, the Place, without any Cause, bled again near three Days, and continued so to do about the same time every Month, till she was nineteen Years of Age, without
her

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her having any Appearance of the *Menstrua*. When she was married, she became pregnant, and never after was any more affected with that Bleeding ; for after her Delivery she had her Courses like other Women.

T H E R E is an Excretion of which we must speak before we conclude this Section : It is a Discharge of Blood from the Hæmorrhoidal Veins about the *Anus*, called the *Piles*. Some are more subject to it than others ; it is also more common in Men than in Women, and more familiar in southern Countries than in Northern. They do not flow at any regular Periods ; for some have them very often, others perhaps not above once a Year ; many never have them at all.

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A moderate Flow of the Piles or Hæmorrhoids, may preserve a Person from many Diseases, and carry off Diseases already present. But they are particularly useful in Disorders of the Head; and in Melancholy and Madness they often prove a perfect Cure.

AN immoderate Flux, as well as an intire and sudden Suppression of them, are both very dangerous; like all excessive Evacuations of Blood, an excessive and immoderate Flux of the Piles may occasion a Weakness, Consumption, and dropfical Disorders; or being suddenly suppressed, they may seize the Head and bring on Madness.

A Man who for many Years had been subject to the flowing of the Piles, five, six or seven Times a Year,

P from

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from a Suppression of them, occasioned by the Cold Bath, was seized with an Apoplectic Fit. After being immediately bled, he recovered his Senses, and a few Days after, he was ordered to take aloetic Medicines, which very soon brought the Piles on him again. They have continued to flow these five Years, at different Periods, all which Time he has enjoyed a perfect State of Health.



SECTION



SECTION IV.

Of MOTION *and* REST.

CHAP. I.

Of active *and* passive EXERCISE.

EXERCISE or Motion, and Rest, which is the opposite, bear both a very considerable Share among the Non-naturals, in the Preservation of Health.

MOTION, by a gentle and mutual attrition of the Parts, strengthens the Body, increases the natural Heat, and the Circulation of the Blood: It accelerates the Motion of the animal Spirits through all the Fibres of the Body; creates an Appetite; helps Digestion; renders the Body less sen-

fible to the Impreffion of the external Air, and fitter for any Action. It promotes a regular Perffpiration ; and renders them who are ufed to it generally very ftrong, and lefs liable to Difcafes.

By Motion is meant every kind of Labour or Exercife, either active or paffive. *Active* Exercife comprehends all the various Attitudes, all the Poftures, and all the different Motions attending divers Amufements, or neceffary to different Trades. The *paffive* confifts in riding in a Carriage, failing in a Veffel, or in being moved in any manner whatfoever.

THE Ancients had invented a great number of Ways to exercife themfelves. It is a Practice rather neglected in our Days, although every
one

one acknowledges that the Diversity of Exercifes produces divers good Effects when used in Moderation. Running and Walking exercife the Legs and Thighs ; Rowing in a Boat, the Arms, and the upper Parts of the Body ; Singing, Speaking, and Reading aloud, exercife the Lungs, the Chest, and the Jaws ; Dancing ; Hunting ; playing at Bowls, Skittles, Tennis, Billiards, or any fuch Postures, exercife various Parts of the Body.

IT is the Ufeulnefs of the Diversity of Exercifes, that has always induced large and well regulated Cities to allot particular Play-Grounds, or Places for public Exercife, where Labourers and People who work at particular Trades, might at certain Hours of Recreation amufe themfelves with a Variety of different Attitudes, in or-

der to prevent those Diseases which might arise from the particular Posture required in their Business, and continued without Remission. The Necessity of such a Place as *Moorfields*, in so populous a City as this, is therefore very obvious ; and those who advised the Building of Streets upon that Spot, have perhaps not maturely considered the Advantages which accrue to the Health of the immense Number of People who resort there every Day. It is true, that some, instead of diverting themselves with a Variety of Postures, gather in Heaps to gamble ; others stand gazing at a Mountebank ; but all this might easily be prevented, by the Vigilance of those Magistrates, under whose Jurisdiction that Place immediately is.

THE best Exercise is that which
gives

gives an equal Motion to all the Parts, provided it is moderate, not violent, nor too long continued. For it puts all the Muscles into Action, it swells them, and thus it accelerates the Return of the venal Blood towards the Heart ; which it stimulates into a swifter Contraction : Whence the Circulation of all the Humours becomes quicker, and from the increased Motion of the Solids and Fluids, the Digestion and Assimilation of our Food into healthy Humours is greatly promoted.

THOSE bodily Exercises which amuse the Mind at the same time are more particularly serviceable ; such as playing at Bowls, Tennis, Fencing, and many others of that kind ; which is confirmed by Experience : For those who inure their Bodies to Labour

bour by Hunting, Riding, gymnastic, warlike, or any other Exercifes, will by this means acquire a furprifing Strength; whilft ftudious Men who apply themfelves too clofe to Study, and live a fedentary Life, grow weak, fickly, puny, and effeminate.

A M O N G S T the various Exercifes of the Ancients, there is none fo much taken Notice of by them as Chafing or Rubbing of the Skin; and they feem to have had fuch a very particular and high value for Frictions, both for the Prefervation of Health, and the Cure of Difeafes, that a Man hardly paffed a Day without it, either in Sicknefs or in Health.

F R I C T I O N is a cutaneous Exercife, and an alternate Preffure and Relaxation of the Parts of the Body
to

to which it is applied ; when it is gentle, it presses the Veins only, but when it is stronger, it presses also the Arteries ; and the vital Powers may thus be increased to almost any Degree, so as even to excite a burning Fever in the coldest dropfical Person by Friction only. Our Horse-dealers know too well the Advantages arising from Frictions ; for they never suffer a Horse to stand in the Stable, even a few Days, without Dressing, Rubbing, and Brushing. The same Exercise might be of great Service to the human Body.

THE best Physicians agree, that in those People, whose Viscera from Inactivity are incapable of performing their Functions, rubbing the Belly with a Brush or Flannel in the Morning fasting, is of great Use. Some recommend

recommend Frictions made with warm, rough Flannel, impregnated with the aromatic Vapour of burning Amber, Mastic, &c. proceeding very gently and by Degrees from gentle to stronger Frictions.

THE Frictions of the Ancients were often designed for quite opposite Purposes ; for they used them in almost all Distempers ; and they have given us many Rules and Distinctions for the use of them. They had therefore Frictions of several kinds, and when they intended to make the Part more lax, they rubbed it with soft oily Substances.

THE noblest of all Exercises is Riding on Horseback ; of this the incomparable, and great *Sydenham*, who, like the Prime Minister of Nature

ture, taught us that the principal Duty of a Physician is to follow her Steps, had a very great Opinion, and he looked upon it to be as certain a Specific in the Cure of a Consumption as Mercury is in the *Lues Venerea*, or the Bark in Intermittent Fevers ; provided the Case was not quite desperate ; or before the Diarrhœa, so fatal in Consumptions, was joined to the Night-Sweats.

By this mixed Exercise, which is partly active and partly passive, the Viscera of the Abdomen, or the whole Contents of the Lower Belly and of the Breast, are gently shaken and rubbed every Moment one against another, in the same Time the Air acts on the Lungs with greater Force ; which two Things together are capable of causing surprising Changes,
and

and of restoring the Tone of the Viscera.

IT is best to ride before Dinner, or after the Digestion is nearly performed. Weak People should never ride on a full Stomach, for when it is distended, they cannot bear the rough shaking of the Horse so easily ; but when the Primæ Viæ are partly empty, this repeated Agitation and Concussion helps the Discharge of the remaining Feces.

PHTHISICAL or Consumptive Patients, should not fatigue themselves too much with Riding at first setting off, or at once : They should begin gently, and increase their Journey's Distance and their Speed by Degrees. Those who are so weak as to find riding on Horseback too rough,
might

might begin by travelling in a Carriage, or riding on an Afs, till their Strength is increased, and they can bear the Exercife of riding on Horfe-back better.

T H E many Advantages of Riding have been taken Notice of by many Authors. *Fuller*, in his *Medicina Gymnastica*, relates divers Cafes, amongft which his own is very remarkable, being a Train of nervous Affections brought on by the imprudent Application of Mercurials to cure a certain cutaneous Infection.

W E have every Day Instances of furprifing Cures performed by Riding. A reputable Tradesman of this Town, having for many Years been afflicted with a Phthifis Pulmonalis, and taken divers Medicines to no Purpofe, being
extremely

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extremely weak, was ordered to ride every Morning at Six o'Clock three or four times round *Moorfields* upon an Afs, till he grew strong enough to bear the Exercise of riding on Horseback ; he then took a Lodging in the Country, whence he rode to Town every Morning to attend his Occupation, and returned again at Night, observing a very strict Diet in every other respect, during the Space of about Six Months, at the End of which time he was intirely recovered, and enjoys now a perfect State of Health.

EXERCISE in general is useful to every Age, Sex, and Constitution : *Sanctorius* recommends it to promote a diminished Perspiration ; *Galen* allows it even to Old Age ; and he says, that Idleness renders the Body
dull,

dull, but Labour renders it strong ; the first brings on old Age before its Time, but the last preserves us in a long Youthfulness. The Rocking of Infants in a Cradle has always been found of great Service to them, as well as exercising them in the Arms of their Nurses ; but nothing is of so much Service to them as Frictions, they prevent the Rickets, and often cure that Disorder, when it has not been of long Continuance.

SAILING in a Ship, is, when the Vessel moves with an even Motion, a very gentle Exercise that increases Perspiration, enlivens the Spirits, creates an Appetite, and promotes Digestion. But when the Vessel is tossed about on a stormy Sea, the Effects of that terrible Element are severely felt ; for the strongest Constitutions, even Sailors

lors used to the Sea, are then affected with a Giddiness, Vomiting, great Anxiety, and sometimes Fainting ; not unlike the Effect of a strong Poison. Which violent Commotions, though they are by no means suitable to weak People, have yet accidentally happened to prove, in Constitutions that could bear them, a Cure of some inveterate Disorders.

ALL passive Exercises in general are best calculated for weak People, as they are thus exercised without any Fatigue ; but it is necessary, as soon as their Strength will permit, that they should further strengthen their Bodies by muscular Motion, such as Walking, or any bodily Exercise ; to which they must use themselves gradually, or else they will soon relapse into their former Complaints. This is often the
Case

Cafe in many chronic Disorders arising from too great a Laxity of the Fibres ; particularly in hypochondriac and hysteric Cafes. Girls who labour under a Chlorosis ; if they are fond of a sedentary Life, and do not take particular Care to use muscular Exercise, and to keep up their Strength by active Motion, will relapse in a short Time, and become as pale as before.



C H A P. II. *Of* R E S T.

REST is the Opposite of *Motion*.

It recruits and repairs the Spirits, gives new Strength to all the Limbs, when tired and fatigued by too much Motion, Labour or Exercise. It is therefore highly necessary

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in all acute Diseases, and more particularly those that arise from Fatigue, or Excess of Motion. For the Cause that produced the Disease, or that might increase it, ought to be carefully removed, in order to effect a Cure: And there is nothing that so effectually tends to allay the too great Motion of the Blood and Humours, as Rest of Body and Mind. It checks all inordinate Evacuations, and is of great moment to People afflicted with ulcerated Legs, or any Sores in the lower Part of the Body.

REST is more necessary in southern or warmer Climates, and in Summer, than in cold northern Climates, and in Winter: For Heat relaxes the Body; but Cold braces up the Fibres, and renders the Body fitter for Exercise. There are some Nations in the hot
Regions

Regions on the Continent, who delight in Rest or Idleness, and look upon it as the *Summum bonum*; imagining, that the Happiness of a future Existence will consist in a State of perfect and absolute Rest.

THE *Hottentots* are so lazy that they will not even take the Trouble of Reasoning nor Thinking: “To think, say they, is the greatest Plague of Life.”

THE *Caribbees* have the same Aversion both for mental and bodily Actions, and make their Wives do all the Work of the Family.

AFTER a full Meal Rest is very useful till the Digestion is partly performed; for Exercise seldom agrees with

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with any Body when the Stomach is distended with Food.

IT is best to measure the Time and Quantity of Rest by the Labour and Fatigue the Body receives ; and a proper Medium should be kept up between Motion and Rest, in order to preserve Health, and to arrive to a great Age. We know that this Medium is kept up in our Bodies, if they continue in a good State of Health for several Years, and of the same Weight. For if their Weight increases, with a Sense of Dulness and Heaviness, our Exercise is too little, and our Rest too considerable. But if their Weight decreases, our Exercise is too great and our Rest too little.





CHAP. III.

Of the EXCESS *of* MOTION.

WE have hitherto explained and recited the Advantages arising from Motion and Rest, when used in Moderation ; let us now consider the Hurt or Injury occasioned in the human Frame by the Excess of either.

EXCESSIVE Motion increases the Velocity of the circulating Humours, and the native Heat, beyond the Limits necessary for Health ; it thickens the agitated and attenuated Juices, by dissipating their most subtil Parts ; it communicates to the Blood an inflammatory Disposition ; it renders the saline and oily Parts volatile, Q 3 acrid,

acrid, putrid, rancid, fetid, and unfit for Circulation.

THE Velocity of the rarefied Humours being increased, they are driven with a greater Force into the Vessels, which by them are thus dilated beyond Measure, irritated, torn, broken, and destroyed. Whence the Humours stray into wrong Vessels, bring on Pain, Inflammation, acute Fevers, Suppurations, Gangrenes, and Hæmorrhages, or by an Accumulation of the Blood in some of the vital Viscera, a Suffocation, and sudden Death.

YOUNG People, who are overfond of Dancing, and frequently indulge themselves with that Amusement to Excess, may, from the above Considerations, easily judge of the immense Danger they expose themselves

selves to by dancing whole Nights, with too much Violence, and without Remission. Dancing is, when used in Moderation, perhaps the best Exercise that can be invented for young People; and it has often done more good in preventing and removing hysteric and hypochondriac Disorders, than the most costly Preparations of Medicines. But we may also venture to say, that the Excess of it has been the Cause of the Death of many.

A young Lady, who was remarkably fond of Dancing, fell a Sacrifice to this Excess; for after Dancing fourteen Hours without Intermission, she was seized with a violent Hæmorrhage, the Blood gushing out at her Nose, Mouth and Eyes, with such Force, that she expired before any Assistance could be given her.

A Gentleman, after dancing immoderately at a Ball at the *Hague*, was the next Morning very much surprized to find that he had intirely lost his Hearing: He attempted in vain to recover it both by internal and external Applications; but he remains Deaf to this Day.

THE Excess of Motion dissipates the most fluid Parts of our Humours; the Loss therefore sustained in the Fluids, makes the Body grow dry and stiff; the Humours, now grown thick, can no more circulate through the smallest Vessels; the Fat is dissolved, returns into the Blood, and by the continual Attrition and Heat is rendered acrid and sharp; and is expelled by the Emunctories: hence soon succeeds Leanness and Emaciation. The Juices which are intended
to

to nourish the solid Fibres, and are every where interspersed ; the Synovia, or that mucilaginous Liquor which keeps the Tendons and Joints supple, and facilitates their Motion, being dried up, the Joints grow stiff and rigid. The Digestion is not assisted and supplied with a proper Quantity of Saliva and of gastric Juice. The Bile being rendered more acrid, infects first the *Primæ Viæ*, and next diffuses its malignant Quality into the other Parts of the Body.

It appears therefore from what has been said, that excessive animal Motion will corrupt the Solids and Fluids of the Body, in as violent a manner as if they were infected by Poison ; that it will hurt at all Times, and almost every Constitution ; yet it is most hurtful to those who are of a
tender

tender Age, to the weaker Sex, to bilious, dry, and hot Constitutions ; to plethoric, fat People, to those who have a depraved State of the Humours ; those who are subject to any Hæmorrhage, or to Women inclined to miscarry ; to those labouring under a Consumption of any of the Viscera ; those who are troubled with gravelly Complaints, or the Stone in the Bladder ; and to those who are not used to it, or who use it in very hot Weather, upon an empty or rather hungry Stomach, or who suddenly pass from a State of Rest to that of violent Exercise.

THE Injury done to the Muscles themselves by too much Exercise is not of so great Moment, as those Ills which we have enumerated ; the Muscles themselves are affected with
a Wea-

a Weariness, Weakness, Tremor, Pain, Spasm, and Unableness to Motion, all which Affections are remedied by Rest. Hence *Hippocrates* observes, that whenever the Body begins to be indisposed by any kind of Motion, Rest immediately relieves the Weariness.



C H A P. IV.

Of the EXCESS *of* R E S T.

THE opposite Error is the *Ex-*
cess of Rest. From this Ex-
cess Health is not less impaired than
from the Error committed by an Ex-
cess of Motion ; but this happens in
a quite different manner.

THE want of Motion or too much
Rest, throws the moving Powers, and
those

those Parts which ought to be moved, into a sluggish and inactive State. The muscular Force, from the disusing of Contraction, from the accumulated Fat, and from the Languor of the vital Influx, is diminished, and even destroyed. The Joints lose their Aptitude for Motion, their Ligaments grow stiff by absolute Rest; and they swell from the Accumulation of the liquid Humour which lubricates the Articulation.

IN People who lead a sedentary and inactive Life, the Circulation of the Humours being left only to the Force of vital Motion, and receiving no Assistance from Exercise or muscular Motion, grows languid, first through the smaller Vessels, and afterwards through the whole System; whence a Stagnation, Accumulation, and

and Thickness of the Humours ; a lessening of the native Heat ; and all the Evils arising from disturbed and interrupted Secretions and Excretions ; a Plethora, a gross Corpulence, a sluggish, glutinous, watery, and cold Cacochymia, which renders the Body lax, soft, and feeble. The *Vita* languishes ; the Spirits sink ; and at last come on leucophlegmatic and dropfical Disorders of divers kinds, a dulness of the Senses, and an entire Abolition of all the Functions. But above all, those Parts contained in the Abdomen suffer most, the Organs of the first Digestion ; particularly if the other Parts of Diet are also inconsistent with a slothful Life. For these Organs are then not assisted by a brisk Respiration, external Motion, and gentle Shaking. They grow slow in their Motion, perform the Coction of

of

of the Aliments but imperfectly, and propel them but slowly ; whence a Corruption of their Contents, a deficient and vitiated Separation of the Chyle ; an Accumulation of the Feces ; Wind, Belching, Spasms, Anxiety, and want of Appetite. The Belly grows hard, swelled, and costive. In Women the Menfes flow but very imperfectly, and at last not at all ; the Face looks pale and bloated ; those lax Places under the Eyelids begin to swell ; and as the Mass of the Fluids to be moved daily increases, while the moving Cause decreases, they begin to swell all over, and are thrown into a leucophlegmatic Habit, when they are sometimes pleased to think that they are growing fat.

IN the Vessels belonging to the Mesentery arise Obstructions and an Accumulation

cumulation of the Juices which abound in those Parts, and which cannot circulate properly without some foreign Help. There they stagnate, and become the Cause of many Disorders.

THE Blood is not propelled so swiftly nor so often through the Lungs in a given Time ; it loses therefore the Advantage it should receive from the inspired Air, and from the Attenuation through the Lungs.

THE Vena Portæ which is obliged to perform the Office of an Artery, to carry the Blood into the Liver, has no Pulse to assist the ascending Blood in its Circulation ; the Progress of it therefore through that Vein is very difficult, and it is rendered still more so by Rest and want of Motion ; whence heavy Disorders are generated, particularly

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particularly in Women, in the System of the Vena Portæ, in the Liver and in the Spleen, which are the Source of the Scurvy, Cachexy, Jaundice, Dropsy, hypochondriac and hysteric Disorders.



CHAP. V.

Of various ATTITUDES, and of
STRAINING.

WE observed above, that Nature delights in Variety in all her Ways, and that a Variety of Exercises requiring different Attitudes, provided they were moderate, were also very useful to preserve Health. It is very obvious from that Observation that any particular kind of Exercise or Motion, which requires always

ways the same Attitude, if long continued without Remission, ought to be avoided, as it may become the Cause of Diseases. This is confirmed by Experience ; for we see (in *London*, as well as in all large Towns) People who use but moderate Exercise, subject to different Disorders, arising from the particular Postures required in their Business. Some being obliged to stand all Day, some to sit with their Faces bent to the Ground, or double with their Backs bent ; some are obliged to run, others to ride, or to various Sorts of Exercise.

STANDING, when it is long continued, loads the lower Parts with Humours, as they cannot so easily ascend to return to the Heart ; which is the Reason why Trades-People who are obliged to stand all Day are subject to oedematous Swellings, Varices,

and Ulcers. This Posture will also injure the Loins, the Hips, the Kidneys. It hurts the Genitals, and sometimes occasions a Pissing of Blood. It occasions Ruptures in the Groins, and other Ruptures distinguished by the Names of *Herniæ Crurales*, *Herniæ Femorales*, &c. In Women, a Flux of the Womb, the Whites, Abortion, a *Prolapsus Uteri*, or of the Vagina ; particularly, if they carry or lift up any Thing that obliges them to strain.

A Woman-Cook, who otherwise enjoyed a very good State of Health, from her being obliged to stand all Day upon her Legs, was cruelly troubled with a *Prolapsus* of the Vagina, which could by no Means nor Method be perfectly cured, till she left off cooking, and took to another Occupation,

pation, which she could perform in a sitting Posture.

IT is most adviseable for all such People who are obliged to stand at their Work, to shift their standing Posture as often as they conveniently can, by sitting now and then, or walking, or moving the Body any way ; and at their leisure Hours, when they are released from Labour, they ought to exercise themselves in various Postures, different and opposite to that required in their Business. There is nothing that tires so much as the continual and uninterrupted Action of the same Muscle, and Nature delights in an alternate Succession of Action, in almost all our natural Functions : For if we fix our Eyes too long and steadily upon the same Object, or listen to the same Sound

or Noise, or are exposed too long to the same Smell, we feel an Uneasiness, which shews that Nature is best pleased with a Variety and Change. Beasts seldom stand long upon their Legs without some Motion, or they will sometimes rest one Foot while they stand upon the others.

THERE is a blind Man who stands at the Back-door of a Nobleman's House near *Lincoln's-Inn-Fields*, who by mere Instinct always keeps his Feet in Motion, and upon the Step of the Door is constantly describing, by a very short March, the Figure of a Triangle; which gentle Motion secures him from the Inconveniencies of standing still.

IT is not surprising at all that standing should fatigue more and make
one

one more faint than walking, for as in standing still there is no muscular Motion to assist the Veins in returning the Blood to the Heart, it must naturally occasion a Faintness. This is the Reason why Women who cannot get a Place to sit down in Churches frequently faint away.

SITTING, although it fatigues less than standing, is by no means wholesomer, particularly when the Body and the Knees are bent. People who write much in a sitting Posture, Trades-People who lead a sedentary Life, and in general all Men and Women who work in a bending Posture of their Body, feel the Effects of this Attitude very severely ; for besides the Disorders arising from too long standing, which it will equally occasion in the Kidneys, Hips, and Loins ;

it will bring on a Bending of the Back, a Crookedness, a Numbness in the Thighs and Legs, and many Disorders in the abdominal Viscera. Weavers, Tailors, Shoemakers, and many others, are subject to several Disorders occasioned merely by their sitting Posture with the Body bent forward. It is from that Cause that Women who lead a sedentary Life, and who are in a sitting Posture all Day, are afflicted with many Affections, which shew that the abdominal Viscera are injured, and do not perform their Functions. How many young Girls do we see every Day, afflicted with a Train of hysteric Symptoms in the Green Sickness, attended with a Laziness and Inactivity, which are always both the Cause and Symptom of the Disease? which is not a little increased by lacing their

their Stays too tight, in order to make them have a fine Shape.

LYING, too long continued, is very injurious to the Kidneys and their Vessels ; it causes there Obstructions, and Inflammations ; and prevents a proper Secretion, Propulsion, and Excretion of the Urine : Whence a mucous Sediment in the Urine, which is often seen after long Diseases that have confined the Patient in a lying Posture ; Sand, Fragments of Stones, and all their Consequences. This horizontal Position of the Body hurts also the Head, by filling it with Humours ; whence the Head-ach, Disorders of the Eyes, Bleeding of the Nose, a Dulness, Giddiness, Sleepiness, and such like.

MISS *M. P.* after a Disappoint-

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ment in Love, had taken to a melancholy Turn, and although her Mind could not be said to be any ways disordered, yet, she had such an invincible Propensity to lie in Bed, that she could not be prevailed upon to rise sometimes for several Days. This rendered her still more dull, drowsy, and sleepy; it also brought on a slight Head-ach, and sore Eyes, which she then was glad to make a Plea for her lying in Bed so long. But her Physician advised her Friends, unknown to her, to rub the Sheets of her Bed with sliced Squills, or Sea-onions, which caused an intolerable itching all over her Body; and being made to believe that it was the Effect of lying so much in Bed, she took a sudden Averfion to it, which had so good an Effect, that she gradually recovered her Health, and her former Serenity of Mind.

A sudden, violent and long continued Contraction of the Muscles, without Remission, attended with the keeping in of the Breath, which happens when one is Straining, does often produce grievous Affections ; for the Oeconomy of the containing Vessels and of the contained Fluids, is by that Action surprisingly changed, particularly when the Breath and Air are kept in the Lungs, and the Circulation of the Blood through them is thus prevented : Whence the Muscles and Tendons are as it were forced out of their Places ; different kinds of Luxations, Sprains and Ruptures are brought on : We have even seen Fractures of the Bones occasioned by mere muscular Action, without any external Force. It is certain that the Straining of the Muscles will cause strange Errors in the Fluids and their Vessels,

Vessels, which may produce an Anastomosis, or an Inosculation of the Vessels, that is, a mutual opening of one Vessel into another ; a Diapedesis, or a Transudation of the Fluids through the Sides of their containing Vessels ; a Diæresis, or a Solution of Continuity ; an Aneurysm, or a Dilatation of the Coats of an Artery, whereon the Blood makes a great Tumor under the Skin, easily yielding to the Pressure of the Finger, and soon returning when it is taken off, with a manifest Pulsation, happening most commonly in the Carotid Arteries ; a Varix or Tubercle of the Veins ; a Bleeding of the Nose ; a Spitting of Blood ; bloody Urine ; black Spots ; flatulent Tumors, and others ; besides innumerable Ills, the Consequence of those Things now enumerated.

I N large Cities, like this, there are many Trades which require much Strength, and expose their respective Followers to a great deal of Straining. Porters, in particular, who carry great Weights upon their Shoulders, are subject to many of the Disorders we have taken Notice of here as the Consequence of Straining ; they are often rendered Asthmatic, and affected with an Adhesion of the Lungs to the Ribs, occasioned by their keeping in their Breath. There are other Trades-People who are employed in small minute Things that strain the Eyes : These, besides the Inconveniencies of a sedentary Life, are frequently subject to a Disease, and a Weakness of the Eyes, called *Myopia*. Watch-makers, Jewellers, Painters, and in general all those who are concerned in very fine Pieces of Workmanship, are greatly

greatly afflicted with this Weakness of the Eyes, and many are almost Blind before they arrive to old Age. There is but one Method that can prevent those Misfortunes, and Calamities which are intailed upon these Artists; it is, to refresh the Eyes now and then with a Diversity of Objects, some near, some afar off, some in a direct Line, others obliquely; and in short, all manner of Ways; for by this means the Ball of the Eye will sometimes be contracted, and sometimes dilated, which will preserve the natural Disposition of the Eye. But most of the Work-Shops of this kind here in *London*, for the Sake of a good Light, are upon the Tops of the Houses, where the Workmen have no Objects before them that can invite them to this Diversity of Action of the Eyes: This Advantage therefore

fore can be obtained only by their settling in large open Streets, or Roads, where they can work upon the Ground Floor, and have the Advantage of intermitting now and then from their Work, to refresh their Eyes by viewing the various Objects before them.

F R O M what we have said, it is easy to understand, what Injury too violent a muscular Action of any one particular Part may occasion in the Part itself, or by Consent in other Parts : What will be the Consequence of a continued Cough, too much Laughing, Sneezing, Yawning, or Gaping, Declaiming, Bawling, Singing, Playing upon Wind-instruments, Dancing, Wrestling, Tumbling, carrying Burdens upon the Back, and many other Motions of divers kinds ; which, in Moderation,

Moderation, are all of some Advantage, and only hurt from Excess.

THIS is confirmed every Day by Experience : It is, for Example, a common received Opinion, that playing upon Wind-instruments is greatly injurious ; yet, when it is practised in Moderation, it may be of great Service. A Gentleman who had very weak Lungs, learned to blow the French-horn, which had so good an Effect, that from that Time his Lungs have acquired a surprizing Degree of Strength ; and he enjoys now a much better State of Health than he did before.

THERE is one kind of Exercise which is greatly in vogue in this Island ; it is Hunting ; which is such a Sort of Exercise as *Galen* recommends,

mends, when he says, that the best Exercise is that which does not fatigue the Body too much, and gives at the same Time Pleasure to the Mind. *Mercurialis*, in his Treatise *Of Gymnastic Exercises*, speaks very much in praise of it. He introduces the Testimony of *Rhacis*, an *Arabian* Physician, who says, That at the Time of a Plague, which swept almost every Body away, those who were used to Hunting, were the only Persons who escaped that Disease. Both the Ancients and the Moderns have always held it to be a noble Exercise, fit to inure the Body for warlike Exploits : The Latin Word *Venatio*, was taken in a very full Sense, for it meant, Hunting, Sporting, Fishing, and in general every Act of Hostility committed against the Brute Creation ; which furnishes divers Degrees of Motion,

tion, from the most gentle, such as Angling, to the most rough and violent, such as Fox-hunting. Thus that Exercise, from an agreeable and gentle Amusement, may be increased to a violent and fatiguing Labour.

FISHING requires the least Motion, either in Angling from the Land or any other Method on the Water; and therefore it is most convenient to those who cannot bear a rougher Exercise; yet as the Air about and on the Water is generally moist, it may bring on, when too long and too eagerly pursued, those Inconveniencies mentioned when we spoke of the *moist Air*.

SPORTING or Shooting exercises the Body much more than Fishing, and in Sporting there is no Danger of
breaking

breaking one's Neck ; but it fatigues and heats more than Hunting, although the Motion is not so violent : When it is moderate, it creates an Appetite, and corroborates the Legs and Thighs. It is fittest for healthy, strong and young People ; but it does by no means suit infirm Old Age ; and even in the Strongest, when too eagerly attended to, particularly when some Sportsmen will pursue it whole Days without Eating or Drinking, it must bring on Disorders arising from Abstinence from Food, joined to those caused by the Excess of strong Exercise.

HUNTING on Horseback, is attended with all the Advantages already considered, when we spoke of *Riding* : It has always been the general Opinion of Physicians, that it is good for the Lungs, Stomach, Intestines, and
Sitting on the Back :

Back: But it should be avoided by those who are subject to the Head-ach; by those who are threatened with a Rupture of some of the Vessels in the Lungs; those who have any gravelly Complaints; and those who are any ways inclined to Ruptures of any kind. It has been observed, that Riding on Horseback brings on a convulsive Catching of the Upper Eyelids, which is by the common People called live Blood.

A M O N G S T Exercises we may also place *Electricity*, which exceeds every Method hitherto known, to excite the quickest and most powerful Motion in the various Parts of our Bodies. When the electric Force is applied with proper Caution and Judgment, it may be of infinite Service; for it seems that much may be done with it in the Cure of many Diseases, and that the Extremes of Relaxation

laxation and Constriction in animal Fibres may often be remedied by Electricity.



CHAP. VI.

Of the COLD and HOT BATH.

BEFORE we finish this *Section*, it may not be improper to say something upon Bathing, as it may very well be considered as a kind of Exercise and Amusement.

THE *cold Bath* is so much in Fashion that it requires no great Recommendation : The Generality of People are perhaps too much prepossessed in favour of it, and pretend that it is a Cure for almost all Diseases. Sir

John Floyer recommends it in about Fourſcore Diſtempers, acute or inflammatory, and chronic. There are indeed many Diſeaſes where the cold Bath may be very uſeful to complete a Cure ; but when the Viſcera are any ways unſound, the Uſe of it may be very dangerous, as well as when it is uſed by fat and corpulent People.

THE *hot Bath* is perhaps as much neglected here in *London*, as the cold Bath is too liberally and indifcriminate-ly uſed, and yet it is attended with many more Advantages. The Ancients knew extremely well the wonderful Uſe of hot Baths of divers kinds, and applied them ſucceſſfully to many Diſeaſes.

WE know that Heat relaxes ; and that cold contracts and braces up our Bodies.

Bodies. This must necessarily render the Effects of the warm Bath very different from those of the cold.

WHEN *Augustus* was old, and laboured under many Infirmities, occasioned by a lax State of the Fibres, his Physician ordered him the cold Bath, and to drink cold Water. This succeeded ; the Emperor was cured, and *Musa* the Physician was amply rewarded. But the same *Musa*, who seems to have been one of the first Physicians who introduced the cold Bath into the Practice of Physic, and, like many others, was perhaps too much prepossessed in Favour of his new-invented Remedy, recommended it to *Marcellus*, the Emperor's Nephew, who was young, and whose Fibres were rigid and elastic ; this

killed the Prince, and lessened the Fame of *Musa*.

THERE are, however, many Diseases which are sometimes carried off as well by the cold Bath as by the hot or warm; and sometimes indeed more speedily and effectually, but not so safely. This has perhaps induced the Moderns to give the Preference to the cold Bath, which requires no Apparatus, cold Water being easily procured without Trouble and at less Expence than hot.

THE Rheumatism, external and cutaneous Disorders, for Example, are cured by the cold Bath, which forces the peccant Matter discharged upon those external Parts, to return into the Vessels from which it came, and from thence to pass off through
different

different Outlets. The warm Bath will often successfully cure the same Disorders, by carrying off the peccant Matter, and procuring, when continued for a certain Time and of a proper Degree of Heat, a total Discharge of it from the Body by Perspiration.

PARTICULAR Care must be had, lest by too great a Degree of Heat of the Bath, the Body be so overheated as to discharge too much Sweat; which bad Practice would bring on Faintings, the Head-ach, Weariness of the whole Body, Torpor of Mind, Dryness of the Mouth, and Thirst.

THE warm Bath by its Moistness relaxes the Fibres and Pores of the Skin, it opens the infinite Number of secretory Orifices on its Surface, and clears the cutaneous Ducts of any Matter

that may obstruct them. Rheumatic, arthritic, paralytic, cutaneous, and many other Disorders, are cured by bathing in warm Water or naturally warm Springs, which is, in fact, more a Pleasure than a Medicine.

HOT Baths, by their Warmth rarify the Blood, increase the Contraction of the Heart and Arteries, render the Pulse fuller and quicker, accelerate the Circulation of all the Humours, even through the remotest Parts of the Surface of the Body; and when after the Bath the Patient is put into a warm Bed, he discharges a great quantity of Serum from the opened cutaneous Outlets. In many Disorders of the Womb, the hot Bath has been found to be of infinite Service. It is of great Efficacy in the *Lues Venerea*, even when this Disorder

der is attended with the most dreadful Symptoms ; but the Patient must go into it every Day, and sometimes twice a Day ; from thence into Bed to sweat, for the Space of three Weeks, a Month, and sometimes longer, or till the Symptoms begin to disappear ; the Body having been first prepared by Venesection and Laxatives ; proper Mercurials are also duly given, but not so as to excite a Salivation.

T H E R E is nothing so salutary in the Leprosy, the Elephantiasis, and the common Itch, as the hot Bath, assisted with proper alterative Medicines. A Lady, who from the Age of Eleven had gradually contracted a cutaneous Disease, which had now, when she was thirty Years of Age, all the Appearance of a Leprosy, after having tried in vain for several Years
many

many quack and regular Medicines, was ordered to go through a long Course of the hot Bath, taking at the same Time proper Alteratives prepared from Antimony. This had the desired Effect; the Lady was cured, and she remains free from her former disagreeable Complaints.

WE shall conclude with one more Observation, *viz.* That the Use of Chalybeates, and of the Peruvian Bark, particularly in a liquid Form, is greatly assisted by the hot Bath; their Operation having been found to be thus rendered safer, and more effectual.





SECTION V.

Of SLEEP and WATCHING.

CHAP. I.

Of the Effects of SLEEP.

NIGHT, when all Nature is in a profound Tranquillity, naturally invites us to seek for Sleep, that balmy Restorative of Body and Mind, and the only means to remove the Incapacity and Inability of the animal Organs to perpetuate the animal, rational and voluntary Functions, brought on by the Fatigue of the Day.

SLEEP is a natural Cessation of all external Perceptions, necessary for the Preservation of the animal Oeconomy. The Cause of such an extraordinary

ordinary State, in which the external Senses are thus overcome, has been the Object of the Inquiries of many Philosophers. It certainly appears to proceed from a Diminution or Cessation of the Influx of the animal Spirits or nervous Fluid, from the Brain into the Organs of Sense. But how this comes about, and what in reality the Impediment is that prevents the nervous Influence from the Brain into the Organs of Sensation, is a Matter not yet clearly understood ; nor is it our Intention here to set it in a clearer Light ; our Object is only to shew that Sleep was intended to recruit and refresh our Bodies ; which will appear very plain, from the many salutary Effects it produces ; one remarkable Instance of which, those who are concerned in fattening Animals, are very well acquainted with ; for to do it
speedily,

AND WATCHING. 269

speedily, they keep them constantly free from Motion, feed them to the full, and induce them to Sleep, by confining them in dark Places.

AFTER our daily Exercise, and Fatigue of Body and Mind by Hearing, Seeing, Moving, Thinking, Speaking, and using all our Faculties different ways, Providence, kind Providence, has indulged us with this nocturnal Rest, Sleep, the specific Remedy of Weariness, which recruits our Forces, invigorates our Spirits, and concentrates the Heat to the internal Parts. Whence the Coction of the Aliments, the Assimilation of all the Humours all over the Body, the Functions of the Stomach and of all the Viscera are performed happily and without Interruption ; all the Parts are gently and agreeably moistened
and

and relaxed ; the Loss that was sustained, and occasioned by the Actions of the Senses and our voluntary Motions, is repaired ; and we find in general that a Man who is tired with the Labour of the Day, rises cheerful the next Morning, after such a Sleep as is proportioned to his Health : Even after Bodies have been wasted by violent acute Diseases, long Sleep will frequently restore them to a perfect State of Health in a very short Time.

As the Coctions are best performed in Sleep, it must follow that there will be a greater Quantity of good Blood made, the natural Heat will be increased ; the Body will grow stronger, Cares will be banished, Anger appeased, and the Mind rendered calm and serene.

AND WATCHING. 271

SLEEP is one of the greatest Refreshments to Children; and we see that new-born Infants, when they are well, are almost always asleep: But if from any Pain, or other Cause, their Sleep should be constantly interrupted or quite banished, they will in a few Days, although they were fat at their Birth, become lean and emaciated; their Strength will be consumed; and from this Cause alone many perish at their entrance into Life.

MANY Animals live all the Winter retired and asleep, without any Food; some under Ground, others in hollow Trees, &c. as we are told of the Swallow, the Batt, the Squirrel, the Dormouse, the Marmot, and several kinds of Insects.

SLEEP stops all immoderate Evacu-
uations,

cuations, except cutaneous Excretions, which it promotes, and in particular Sweat and Perspiration. It agrees extremely well with old People ; and indeed there is nothing that can moisten their dried-up Constitution so well as Sleep. It is of infinite Advantage to the Sick ; for it greatly repairs their Strength, helps to concoct and excrete the morbid Matter, and eases their Pains. It has always been found of signal Service in the Phrenzy, Melancholy, Madness, in alvine Fluxes and Diarrhœas ; and in pestilential, putrid, and malignant Diseases, it is reckoned a good Sign. *Sydenham* recommends it to gouty People, particularly in the first Part of the Night ; and he advises them to go to Bed betimes, and to rise early in the Morning. In a periodical Mania, attended with a Wakefulness, after having tried many means,

means, an antimonial Vomit was prescribed, six Cupping-glasses were applied to the Head, with Scarifications, and the Patient was made to drink every Hour of a sleepy Mixture, till Sleep could be procured. This had the desired Effect, the artificial Sleep carried off the Madness, and the Patient awaked perfectly restored, with a calm and serene Mind, without any Remembrance of what had happened during the State of Madness.



C H A P. II.

Of the proper Time for SLEEP.

THE proper Time for Sleep, certainly is Night ; in this we may assure ourselves, that we agree
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with all Nations, even with those Individuals who, by an intolerable Abuse, turn Night into Day ; for they cannot nor will not pretend to excuse their Folly by any contrary Arguments : All they can say, is, that they are become Slaves to a bad Custom, which hurts them less because from Use it is now like a second Nature. *Hippocrates*, and all the Ancients, agreed, that Night was the most proper Time for Sleep ; whoever deviated from that Rule always found it for the worse ; for though we may allow the same Space of Time for Sleep, yet the Effects of Rest enjoyed before Midnight, or during the Absence of the Sun from us, are very different from the same number of Hours Rest in the Day-time. This many People have experienced, even when they have spent the whole Day in Sleeping, after keep-

ing

ing awake the preceding Night in Dancing and Revelling ; for they rise notwithstanding this long Sleep, fatigued, heavy, and incapable of applying to their usual Occupations. This true Toppers are well acquainted with ; and they will sooner get drunk betimes and go to Bed, than sit up sober all Night.

THE Vapours, Fumes, and Exhalations contained in the Air, are constantly and perpetually falling nearer the Surface of the Earth after Sunset, or in the Night-time ; these our Bodies suck and draw into them, through the Mouths of the inhaling Vessels and Pores of the Skin, which must prove very injurious to those who spend the Night in a State of Watchfulness, and more so if exposed to the Air.

WHEN our Sailors go to the *East-Indies*, they gradually gain upon the Day, till, when they come to *China*, they rise about the Time that People in *London* go to Bed; yet they are by no means indisposed in their Health by that Change, because they still keep to the Time appointed by Nature to take Rest; namely, the Night; which plainly shews, that the Advantage we receive from Sleep, does not so much depend upon the Number of Hours we rest out of the Four and twenty, as upon that particular Time, namely, Night, or when the Sun is absent.

Two Colonels of Horse in the *French Army* having argued much for and against the Advantages of marching in the Night, and resting their Troops in the Day; they both obtained

obtained Leave from the General to do in that respect as they thought proper ; one of them, although it was in the Heat of Summer, marched in the Day, and rested at Night, and arrived at the End of a March of Six hundred Miles, without the Loss of either Men or Horses : But the other, who thought it would be less fatiguing to march in the cool of the Evening and Part of the Night, than in the Heat of the Day, at the End of the same March had lost most of his Horses and some of his Men.

WE need not look far to find many striking Instances of the Necessity of Sleeping in the Night, and of reserving the Day for Labour and Action ; for we see, that Country People who go to Bed betimes, and frequently soon after Sun-set, although they rise

again with the Sun, after but a few Hours Rest, are generally healthy and strong, whilst most of our *London* and Towns-People, who keep awake till Midnight, and pass a proportional Part of the next Day in Sleep, are wan, pale, and always ailing.

OUR wise and healthful Ancestors used to breakfast about Six or Seven in the Morning, dine about Eleven or Twelve, take an Afternoon's Luncheon at Three in the Afternoon, sup about Six or Seven, and go to Rest about Nine or Ten. But how can the modern Inhabitants of *London* expect to enjoy the same Share of Health, with their irregular and late Hours?

MRS *M.* is a Widow Lady of a considerable Fortune; she breakfasts about Two o'Clock in the Afternoon,
dines

dines at Six, Seven, and sometimes at Eight, drinks Tea immediately after Dinner; as for Supper, there is none regularly appointed in her Family; and she often sees the Sun rise before she goes to Bed. Though she has been afflicted with many Complaints, proceeding from no other Cause than this Irregularity, and though some of her Servants and Attendants have at different Times fallen a Sacrifice to the Want of Rest at Night, their Health having been totally ruined and destroyed, and they died of a Consumption; yet, such is the Force of a long contracted Habit and Custom, that she cannot be prevailed upon to quit it.

W H E T H E R Sleep is proper soon or immediately after a Meal, is a Question that has been much contro-

verted. *Hippocrates*, and most Physicians after him, agree, that it is a bad Practice, that it hurts the Senses, and the Nerves, and occasions many Disorders in the Head. The Sleep besides is not so easy, and the Repletion of the Stomach, communicated to the Brain, makes it restless and full of chimerical Dreams. They therefore recommend it a few Hours after eating ; but it is by no means adviseable upon a quite empty or an hungry Stomach, for it weakens, and extenuates the Body, and occasions a Depravation of the Juices in the Stomach, and the Organs of the first Digestion. In all this, however, we must allow a great deal to Custom. In many Southern Climates it is a common Practice to take a Nap in the Middle of the Day, or immediately after Dinner ; for they dine very early. *Homer* says,

says, that *Nestor* always slept a little after his Meals. *Galen* allows it to old People. In our Climate we find it agrees with many, who cannot live without it ; but there are more to whom it would prove injurious, and it is frequently observed that plethoric Persons, or such as are very Corpulent, when they can hardly be kept from sleeping after Meals, are often seized with the Apoplexy ; for a Sleepiness is frequently in them a Fore-runner of this Disease, and they ought to be roused from it. There is nothing that resembles more an apoplectic Fit than profound Sleep, particularly in People who have been exhausted by Labour, or by long Watching. Baron *Van Swieten* says, that he knew a valiant Warrior who in a Town that was besieged had no Sleep for Eight and forty Hours ; at last, wrapping

wrapping himself up in his Cloke, he lay down upon the Ground, between two large Cannons, which were firing continually ; yet neither the Noise of the Soldiers, nor the terrible and almost continual Roaring of the Cannons, were able to rouse him from a very pleasant Sleep, which he enjoyed for Ten Hours. The Baron further says, that he has seen Cafes where Vessels full of boiling Water have been put under the Bed-clothes, to defend Persons from the violent Coldness of the Weather, that their Legs have been miserably burnt, without the Pains having awaked them, being buried in a profound Sleep.

THE Friends of that Custom of taking a Nap after Dinner, tell us, that the Wholesomness of that Practice is dictated by Nature, provided it be
not

AND WATCHING. 283

not carried too far, since all Animals appear sleepy after Meals : And if Persons go to Reading then, they are heavy and drowsy, and do nothing as they ought ; and therefore it is better to Sleep for about a quarter of an Hour, and then, being refreshed, to return to Labour.

PLATERUS, who was formerly a famous Physician, being asked by his Prince, in a Consultation of other Physicians at the *Spa*, whether it was most wholesome to Sleep before or after Dinner, gave his Opinion, in Opposition to all the other Physicians, in favour of the latter ; because he himself had lived to the Age of above Seventy Years, free from Diseases, and every Day took a Nap in the Afternoon, meaning after his Dinner ; but his Opinion appears quite partial, and
only

only relative to his own Constitution. We must therefore conclude, that, like many other good Things, that Practice is not generally but only relatively good or bad. They are certainly very injudicious or imprudent Physicians, who only recommend or discommend in general what agrees or disagrees with their own Constitutions, without considering how much Constitutions differ.



C H A P. III.

*Of the Place and Posture for SLEEP-
ING, and the Quantity of SLEEP.*

THE Ancients were very particular about the Place to sleep in, and in their Palaces and great Buildings

Buildings had particular Apartments intended for that Purpose : They were dark, shaded from the Rays of the Sun and Moon, temperate as to Heat and Cold, rather inclined to Coolness than Heat and Dampness ; for it is not so well to sleep in a very warm Place, as it makes one faint, and relaxes the whole System too much ; for in such a Case a Person lies in a Bath of Vapours, which the great Heat causes to exhale from his own Body. People here in *London*, are in general very careless about the Places or Rooms they sleep in ; many Houses having Beds, from the Cellars to the Garrets, upon every Floor ; but the worst is, when People inhabit new Houses too soon, which is often the Case in this Metropolis.

MR *** , after acquiring a large Fortune in Trade, built himself a very convenient House in one of the genteelest Parts of the Town ; but he was too eager to get into it ; and, contrary to the Advice of his Physician, he occupied it almost as soon as it was finished. In a very short Time, the Dampness of the House affected his Lungs, and he lingered six Months without any Hope of his Life ; but having removed into a warm and dry Situation in the Country, he is now happily recovered.

IT is generally bad to lie in the open Air ; yet we see many common People, particularly in the Country, who in the Day take a very comfortable Nap upon the Grass without any Inconveniency. But to sleep in the Night-air is extremely bad ; few can
do

do it without injuring their Health, particularly in these Climates. It is therefore always imprudent here in *England* to lie in a Room with the Windows open, some have paid with their Lives for the Experiment.

A Young Lady, of Beauty, Fortune, and great Merit, who was to have been married in a few Weeks to an accomplished young Gentleman in the Navy, lay in the Heat of Summer in a Room where the Window by Mistake of the Maid had been left open ; the next Morning she was seized with an inflammatory sore Throat, attended with such violent Symptoms, that, notwithstanding all the Assistance she had from two Physicians, she died in three Days.

UPON the Coast of *Guiney*, and
many

many others, it is accounted certain Death to lie and sleep all Night in the open Air.

THE best Posture for lying is on the right Side, particularly when there is yet any Food in the Stomach; for it will then naturally fall towards the Bottom of the Stomach; but when the Stomach is empty, or after the first Nap, lying a little upon the left Side, or changing Postures, sometimes upon the Right, sometimes upon the Left, seems the most salutary. The worst Posture is lying on the Back; for it has been observed to bring on many dangerous Complaints, as the proper Influx and Reflux of the nervous Fluid from the Head through the spinal Marrow, is not so well performed. *Hippocrates* particularly condemns lying and sleeping on

AND WATCHING. 289

on the Back, as it brings on a Disorder called the *Night-Mare*, the Apoplexy, a Stupor, Disorders of the Kidnies, and many others.

As to the *Quantity* of Sleep, it is impossible to give a general Rule that will suit every Constitution : Some require more Sleep, others less ; every one ought in that respect to judge for himself ; whilst the Body feels fatigued, heavy, stiff, and dull, it requires more Sleep ; but when the Body upon waking feels refreshed, and inclined to Activity, it is Time to rise, and to return to our daily Occupation. The Quantity of Sleep ought therefore to be measured according to the Constitution, Age, Nourishment, and Exercise. Bilious Constitutions require more Sleep than those that are pituitous ; for Sleep increases the

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Pituita,

Pituita, and moistens and relaxes the Fibres. For the same Reason old People, whose Fibres are dry and rigid, require also more Sleep than young ones. Great Eaters should sleep more than those who eat but little, because the Coctions are best performed in Sleep. Those who exercise their Body and Mind much, require also more Sleep than those who exercise it but moderately or very little.

MANY are of Opinion, that in general, seven or eight Hours are a sufficient Time to sleep. *Galen* extends it to nine, as the greatest Number of Hours we should at one Time allow to Sleep. The Truth is, that the Duration of Sleep ought to be regulated by the Refreshment received from it; for the Excess of it may be equally as injurious as the Want of it.



C H A P. IV.

*Of the Excess of SLEEP, and of
sleepy Affections.*

THE Excess of Sleep brings on a Sluggishness, and Dulness of all the animal Functions; *Hippocrates* says, that long Sleep by its Warmth dissolves the Flesh, and by its diffusing Quality resolves and weakens the whole Body. It is very certain, that too much Sleep renders the Body, and even the Mind itself, unfit for any Action. It blunts and destroys all the Senses and moving Principles. From the Lensor of the Circulation which it brings on, follows Fatness, a bloated Habit of

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Body,

Body, a cold Spiffitude of the Humours, a leucophlegmatic Disposition ending in a Dropsy, a Stuffing of the Head, a Suspension of Secretions and Excretions, an Accumulation of Excrements, a vicious Coction, Depuration and Nutrition ; and at last an Extinction of the vital Force throughout the whole Body. It is therefore very often the Parent of many Diseases ; such as a fatal Sleepiness, Giddiness, Lethargy, Loss of Memory, Epilepsy, Palsy and Apoplexy. All these Effects are particularly taken Notice of by *Hippocrates*, *Galen*, and many of the Ancients. *Galen* calls Sleep *Death's Brother* ; and says, that nothing is so pernicious as too much Sleep.

BARON *Van Swieten* relates the following curious Case, taken from the *Me-*

moirs

moirs of the Academy of Sciences, of a Sleep that lasted some Weeks. A certain Nobleman, while he was giving Orders to his Servant, suddenly lost his Speech, and all his Senses : Various Remedies were tried upon him without Success, and he remained for some Weeks buried in a profound Sleep. This was followed by a restless Agitation of the Body, and afterwards by Convulsions, which ceased upon a plentiful Discharge of Pus from the Mouth and Nose. Nevertheless he slept rather more profoundly, till by the Advice of a Quack a Number of Cupping-glasses were applied to his Head : Thus after the Space of six Months his Senses and Speech immediately returned ; and the same Servant, whom he was giving Orders to when he was taken ill, happening to be by, he went on

to finish his Orders, which he was giving when he was first seized ; being insensible of all the intermediate Time that had passed : he lived in good Health ten Years after, and then died of another Disease.

THERE are too many People in this Metropolis who indulge themselves, to their great Prejudice, with too much Sleep. There was a young Gentleman at the Court-end of the Town who generally went to Bed about Midnight, slept till Noon next Day, and used very little or hardly any Exercise. In this manner he went on a few Years, when his Body grew weaker and weaker every Day ; the muscular Parts flabby ; and his Countenance bloated ; he lost his Appetite, and the little he eat remained undigested in his Stomach ;
his

his Bowels were always bound, and stuffed with hardened and accumulated Excrements ; till at last all his Senses were blunted, and he died at the Age of Twenty three of an Apoplectic Fit.

PHYSICIANS and judicious Practitioners in Physic, draw many very useful and necessary Prognostics in Diseases from the sleepy Affections, or the Patient's Propensity to Sleep.

IN delirious Cases Sleep is always of great moment, particularly when it succeeds the Delirium, and abates or intirely carries off the delirious Affection. For it then plainly shews that the Cause of it is removed. But we must distinguish with Judgment a sound and undisturbed Sleep, which happens when the inflammatory Disposition

position in the Brain, the febrile Heat, and the Motion of the Humours are allayed, which is always a good Omen; from a restless, frequently interrupted, and turbulent Sleep; and from a Coma, a Cataphora, and a Lethargy; which are all very bad and dangerous Signs, and are known by a remarkable and invincible Propensity to Sleep, from which nothing can rouse the Patient: Sometimes they open their Eyes when pinched, or by any means much excited, but, without giving any Answer, fall again into a profound Sleep. Sometimes their Eyes are half open, and they will give incongruous Answers to the Questions asked. In this manner lay a poor Man in *Golden-Lane* for several Weeks; his Pulse beat about forty Times in the Space of a Minute, the Number of Pulsations in a given Time

Time decreasfing daily : When he was called by his Name, he juft opened his Eyes, and fell afleep again. He fwallowed any Thing that was put into his Mouth. All thefe Symptoms were brought upon him by a viscid and pituitous Lentor, and a Defect of Circulation. However, after a few repeated antimonial Vomits, and afterwards with the Ufe of Chalybeate Medicines, he recovered from that dangerous State, and at the fame Time, from a dropfical Difpofition that had afflicted him many Years.

THE beft Sleep in acute Difeaſes is that which ſucceeds a long Watchfulnefs, giving Eaſe, and refreshing the Patient. *Galen* ſpeaks of many, who after having been without Sleep three or four Days, ſlept a whole Day and Night, and were thus great-
ly

ly relieved. A creditable Tradesman near *Hoxton-Square*, ill of an acute Fever, and delirious, having had no Sleep the Space of four or five Days; about the seventeenth Day of the Disease, after taking a few moderate Doses of the Tinctura Thebaica, fell into a profound, quiet, and easy Sleep, which lasted near thirty Hours; at his awaking he complained of some Pains about the Knees and Thighs, which proved so many critical, small Abscesses, and perfectly judged or carried off the Fever.

A sound and natural Sleep in Children affected with any Disease, is both Food and Medicine.

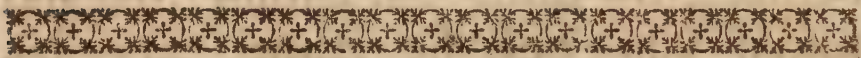
It is a very common Opinion that Sleep is salutary in Drunkenness; yet there are many Instances of the contrary;

trary ; some, who in drunken Fits have indulged themselves with too much Sleep, have been found dead of an Apoplexy.

A Coma in the beginning of a Disease, is almost always a fatal Sign, and more particularly when it is attended with great Weakness. A continual Sleepiness sometimes precedes the Measles, but is easily distinguished from a comatose or lethargic Affection, as in this Case the Patients are sensible of Things about them.

A young Boy, the Nephew of a Gentleman of Fortune, fell ill with a Fever, attended from the very Beginning with one of those Comas, three Physicians were called in to save him ; but he died upon the tenth Day of the Disease.

THE only Son of a very worthy Gentleman was taken ill, much in the same manner, and about the same time; the Father flattered himself that it might be a Sleepiness preceding the Measles; but, although a second Physician was called in, the Child died upon the fourth Day.



C H A P. V.

Of WATCHING.

THE opposite of Sleep is Watching, which is that State in which all our Senses are both employed and exercised; therefore moderate Watching exercises and corroborates both Body and Mind; it assists the proper Distribution of the Aliments,
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and promotes a Propulsion of the uselefs Excrements. But when Watching is carried to an immoderate Excess, it becomes the Source of many Diseases. The human Frame was not intended to be always in a State of Watchfulness; for after a certain Number of Hours in that State, our Senses grow dull, our Limbs tired and heavy, our Muscles weak, and our mental Faculties languid. In Watching, all the Parts of the Body are in constant Agitation, while the moving Powers are excited, and muscular Motion is joined with it: Whence necessarily must arise an Increase of the Circulation, Attrition, Heat, and Attenuation of the Humours; as also of the different Secretions and Excretions.

WATCHFULNESS, therefore, when
too

too long continued, consumes the animal Spirits, dissipates the most subtil Parts of the Fluids, and leaves the Remainder dried up and thickened, which is the Cause of strange Disorders: For from the disturbed Functions of the Brain arises a Delirium, Ravings, and Madness; from the drying up of the Humours, Melancholy and an atrabiliary Disposition; from the Consumption of the Fat, an Emaciation and Leanness. Watching brings on the Piles, a perpetual Restlessness, a depraved Chilification, a Cachexy, and a Cacochymy. *Hippocrates* observes that vehement Watching occasions the solid Food and Drink to remain both crude and undigested; for all the Functions of the Body by Over-watching are weakened, and the digesting and concocting Powers, by which the ingested crude

Aliments

Aliments are assimilated into our own Nature, are interrupted in their Offices.

IT is common to see Nurses who attend the Sick frequently look pale, and subject to Indigestions, which are brought on by the Want of Sleep, which among the many Inconveniences attached to their Profession, is the most considerable.

SANCTORIUS ranks the Excess of Watching among the Causes of Fevers. He says, that Sleep being shorter than usual, always lessens Perspiration, which will be in danger of exciting a Fever, if it is not prevented by a copious Perspiration the next Day.

SENNERTUS tells us, that immoderate Watching dissipates the animal

mal Spirits, dries up the whole Body, particularly the Brain ; increases, sharpens and inflames the Bile, and is often the Cause of acute Diseases and Fevers.

THESE Disorders are still more increased in such as break through their Rest in the Night by too intense an Application to Study, or Card-playing, or by any other Exercise of the Mind, without varying the Object of their Application. There are in our Mad-houses many Instances demonstrating the sad Effects of Over-watching.

HOWEVER, there are Cases, and Diseases, in which moderate Watching conduces to a Cure. It was the Opinion of *Hippocrates*, *Galen*, and many other Authors ; they recommended

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mended it in Catarrhs, Quinsies, and Dropsies, and to those who intended to render themselves lean : But they condemned the least Excess of it, in those who were afflicted with Disorders in their Eyes ; in Disorders of the Stomach ; in wounded Patients ; and in Women subject to obstructed Menfes.

A Watchfulness is not always a bad Sign in acute Diseases ; for when it appears in the Increase, or just at the Height of the Disease. with some Signs of Concoction, it is a Fore-runner of a salutary Crisis ; but when it lasts many Days without any Signs of Concoction, with many bad Symptoms, such as a Tremor, a Catching, Weakness, Delirium, and a Sinking of the vital Strength, a fatal Event must be expected.



SECTION VI.

Of the Affections of the MIND.

CHAP. I.

Of mental EXERCISES in general.

THE Exercise of the Mind, and its different Affections, bear a very great Affinity with Watching; for as we have already observed in the preceding *Section*, Watching exercises both Body and Mind; and every one may be convinced by daily Experience, that the Actions of the Mind are as much fatiguing as bodily Exercise.

THE Body and the Mind are so intimately connected, that whatever affects the one, constantly influences the

the other : This appears in no Instance more surprizing, than when some People pretend to use Charms to cure the Ague ; for these pretended Charms will affect the ignorant and credulous Patients so much, that they are often cured by the mere Force of Imagination ; yet those superstitious and dangerous Practices ought to be prohibited, as such Experiments may, instead of curing trifling Diseases, bring on incurable ones, by frightening the credulous into Fits and Convulsions.

A Physician, who had attempted in vain to cure a poor labouring Man of an obstinate quartan Ague, desirous of trying how far the Force of Imagination could effect the Cure of it ; told the Man that he could cure him with a Charm, provided he

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would keep it a Secret, and observe very strictly every Particular of what he should direct him to do. The poor Labourer consented to every Thing : The Physician then gave him a blank Paper folded up and sealed, in which he made him believe the Charm was contained ; he desired the Man to go in the Dusk of the Evening to a remarkable old Oak in the Neighbourhood, reputed in former Times of Ignorance, to have been the Place of Rendezvous of Witches, to walk three times round the Oak, bury the Paper, and, after walking again three times round the same Oak, to retire to his Home, well assured that he should have no Return of the Ague. The Patient executed every Part of the Order ; and the Physician, who had hid himself very near the Oak in some Bushes, saw him go through

through the Ceremony in the utmost Agonies and Fears, expressed by his Countenance, and an universal Tremor, which had seized him so violently that he was very near falling into Convulsions, and but just able to get home ; where he immediately went to Bed, to rest and to recover of the Fright which the pretended Charm had worked him into. But the Ague never returned.

BARON *Van Swieten* says, that a too intense Study upon any thing has almost the same Effect with Overwatching ; for thus the most subtil Parts of the Blood are too much dissipated and consumed, whence a Weariness and Heaviness of the whole Body follows, and often a greater Weakness than after the most violent Exercise of Body : And this more

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especially happens while the Mind is employed with all its Thoughts fixed only upon one Object ; like as we read of *Archimedes*, who in the midst of all the Tumult that could be raised in a captive City by the rapacious Soldiers, continued so intent upon his Figures which he had described in the Dust, that he was killed by a Soldier ignorant who he was.

MEN of Letters are frequently so buried in their Thoughts, that Objects of the greatest Consequence can hardly divert their Attention for one Moment. When a young Man, to whom the famous *Corneille* had promised his Daughter in Marriage, and whose Affairs obliged him to break off the Match, came one Morning into *Corneille's* Closet, and had just begun to expose the Motives of his Conduct,

duct, “ Sir ! said that learned Man,
 “ could not you, without interrupt-
 “ ing me, talk to my Wife of those
 “ Affairs ? Pray go to her : I know
 “ nothing about them.”

IT is reported of the learned *Bude*,
 that, when a Servant run up frighten-
 ed into his Study to tell him that the
 House was on Fire ; he replied,
 “ Well, go and inform my Wife of
 “ it, I do not trouble myself about
 “ Household Affairs.”

ALL vehement Intention of Thought
 is generally very fatiguing, and it is
 rare to meet with any one who is not
 always greatly injured by it : It is
 therefore obvious that Study, with a
 Variation of the Passions of the Mind,
 may be longer supported, than when
 there is no Change of the Objects :

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For, when our Mind is fixed on the same Thing, that Part of the common Sensory, which at that Time is alone in Action, must be as much fatigued, as any of our Muscles are when they are violently contracted ; its small Fibres are made so rigid, that it is almost impossible to bring them back to their natural State, or their Oscillation is destroyed by the vehement Commotion, or they may lose their Tone by being too much distracted ; which is the Source of every kind of Disorders of the Mind, and of Madness.

THOSE Authors who have particularly taken Notice of the Diseases of learned Men, give us an Account of many Inconveniencies arising from their too close Application to Study.

Celsus says, that they are subject to weak

weak Stomachs ; for while the Brain is employed in digesting Sciences, the Stomach digests the Food but very imperfectly ; because the animal Spirits are employed in the Brain for the intellectual Service, and diverted from the Stomach by the strong Application of the whole nervous System to deep Study. The Viscera cannot duly perform their natural Functions, if they are deprived of that nervous Juice or Fluid called the *Animal Spirits*, conveyed to them through the Nerves. Students and Men of Letters are therefore subject to Crudities, and windy Complaints ; they grow pale, and lean ; because the Parts are deprived of their nutritious Juice. Those who are naturally merry and good-humoured, in Process of Time grow morose, heavy, and melancholy.

AMONG

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AMONG learned Men, Physicians, particularly those who walk to visit their Patients, may be said to be the best off; as they are not exposed to the Inconveniencies of a sedentary Life. *Ramafini* thinks, that it is owing to their Caution, their Exercise, and the Chearfulness of their Minds, when they return with full Pockets from visiting their Patients, that Physicians escape free from Epidemical Diseases; and he observed, that they are never so much out of Order, as when no Body else is Sick. *Plato* asserts, that the Beauty and Health of Mankind, lies in a certain mutual Moderation and Proportion between the Soul and the Body; and to shew how too much Application and Study occasions various Disorders, says, When the Soul overpowers the Body, and is elevated within, the Body trembles and languishes.

guishes. As also, when the Soul employs all her Force upon Speaking or making Discoveries, she quite dissolves and sinks the Body. Again, when by an ambitious sort of Emulation she displays her Energy in Speaking and Disputing, both privately and publicly, she inflames and unhinges the Body ; and sometimes, by raising a Cold or Rheum, she imposes upon Physicians, and puts them upon seeking after contrary Causes.

BESIDES Divines, Lawyers, and Physicians, there are in *London* many others who are chiefly employed in the Functions of the Mind. The real and true *London* Merchant, in particular, is a Character that requires a Head capable of as much and perhaps more Thought, and mental Application, than any one in the Universe.

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verse. If this Merchant is also a Member of Parliament ; what a Multiplicity of Affairs, Political and Commercial, are continually employing his Mind ! Many Physicians have attributed to Intemperance and High-living, some of the Diseases to which our great Men of the City are subject ; but it would perhaps be doing them more Justice to assign the Excess of mental Exercise, as the principal Cause of them ; although it is true that they will sometimes give way to a little Jollity, and mix their Wisdom with Wine ; yet the Heat of their Stomachs could easily digest their Food, was it not constantly called off for the Service of the Mind.

HIPPOCRATES says, Labour is proper for the Joints, Food for the fleshy Parts, Sleep for the Viscera,
Motion,

Motion, and consequently Walking, for the Soul, and Thinking for Men. Thought is therefore the proper Exercise of the Mind, and we ought to cultivate it ; for a thoughtless State, which is the opposite of intense Application, when carried to Excess, will injure our Health considerably. It will bring on a Sluggishness in the Organs of Sensation ; it blunts and destroys the Force of the Nerves ; it injures and weakens almost all the Faculties of the Mind, by their lying idle and unemployed. However, if it is not joined to an intire Rest of animal Motion, it is not very hurtful to the other Functions of the Body ; for we see very frequently that those who are ignorant and stupid, enjoy a very sound and good State of Health, and live to a very advanced Age, whilst ingenious and studious Men of Letters
are

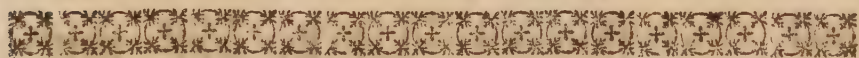
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are snatched away by immature Death: Instances of which occur every Day.

THE Son of a Senator of the Republic of *Bern* in *Switzerland*, died skilled in almost every Science at the Age of Seventeen. A learned Youth of the North of *England* died at One and twenty, intirely emaciated, without any Disease, but what proceeded from too great a Waste of his Spirits by studying Night and Day. A young Clergyman, in attempting to explain the *Apocalypse*, thinking perpetually about nothing else, went out of his Mind, and fancied that he had got three Bastard Children by the Whore of *Babylon*, when, in reality, he was Father of three Sons, got by a virtuous Wife. He died and left his Widow and Children a Legacy to the World.

It

IT appears upon the Whole, that deep Meditation fatigues as much as muscular Motion, and that the Exercise of the Mind, when carried to Excess, injures Health much more than that of the Body. Let us therefore recommend to those who are just recovering from a Fit of Illness, to avoid, as dangerous and pernicious, any Exercise of the Mind, and particularly the Reading of Books, too soon ; but rather to indulge themselves gradually as their Strength returns, with gentle bodily Exercise.



CH A P. II.

Of the PASSIONS.

THERE arises sometimes in the Mind an impetuous Motion, which

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which hurries us away beyond the Bounds of Reason, disorders every Idea, and takes away our Will and Liberty, compelling us to Desires and Aversions which we often disapprove. This compulsive Force is the Effect of the Passions of the Mind : They are, in the moral World, what Motion is in the physical World : Without Motion all is dead ; without these, Invention, Arts, Sciences, and many of the greatest Actions that Men are capable of, would have no Existence. Those Passions that we shall consider here, as having a considerable Influence on our Health, are, *Joy, Sorrow, Love, Hope, Anger, Fear, and Terror*. It is best to endeavour to keep them within proper Bounds, and to preserve, as much as possible, an inward Tranquillity, Serenity, and Calmness ; for a quiet Mind very much conduces

conduces to preserve Health : Violent Passions, and consuming Cares, feed upon the Body, and can but occasionally be of any Service, to those only who are over-fat.

Joy is, when moderate, the most salutary of all the Passions, both to the Healthy and to the Sick ; it is the Antidote of Sorrow ; it increases the Circulation of the Blood and of the animal Spirits ; gives Vigour to all the Faculties ; nourishes and moistens the whole Habit of the Body ; gives it a good Complexion, and occasions a greater Dilatation of the Heart. The Effects of Joy, which Music gives to those who are supposed to be bit by the *Apulian* Spider, called *Tarantula*, are not a little surprising. For these unhappy Patients, who in a very short while are seized with a violent Sick-

Y

ness,

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ness, Anxiety, and Fainting, (whether it proceeds really from the Bite of that Spider, or from an epidemical Fever, as some have asserted, is immaterial to our present Purpose;) by degrees grow timorous, sorrowful, and, if not relieved by Music, soon expire; at the Sound of Instruments, although they lie as if they were Apoplectic, begin gradually to move their Limbs, rise up, and fall to dancing with surprising Vigour; at first for three or four Hours, then they are put to Bed; and after they are refreshed from their Sweating, they repeat the same Exercise, perceiving no Weariness or Weakness, but growing stronger and nimbler every time, till they are freed from all their Symptoms, which happens in about three Days. But they are obliged to repeat the same Sport about the same Time

the

the next Year, to prevent a Relapse. The same Instrument is not equally agreeable to every Patient ; some are moved with a Pipe ; one with a Timbrel ; another with a Harp ; one with a Fiddle, another with some other musical Instrument. This, however, is constant, that they all delight in quick and lively Tunes, and are never raised by slow Music and dull Harmony.

THE Effect of Joy, if immoderate or unexpected, is sometimes very fatal, for it will occasion Fainting and sudden Death ; particularly in old People, Women, and those who are of a tender, naturally delicate, and irritable Constitution ; by causing too great a Diffipation of the animal Spirits, and a Dissolution of the vital Faculties.

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culties. History and daily Experience confirm this.

WE read that Pope *Leo* the Tenth, of the House of *Medicis*, died of Joy, upon receiving the News, that the *French* had lost the City of *Milan*, in the Year 521.

A Woman seeing her Husband return from a famous Battle, where it was reported that he had been killed, fell down dead ; shall we say of Disappointment, Surprize, or really of Joy ? Another Woman died in the same manner, surprized at the Return of her Son from a Battle, where it had been positively asserted that he was killed. Some have died at the sudden News of a Reprieve sent to them at the Place of Execution ; others of the Joy occasioned by their acquiring

acquiring suddenly a large Fortune by unexpected Means, or in a Lottery.

LAUGHING, which is the Effect of Joy, and generally salutary, when it is immoderate may also prove fatal. The Poet *Philemon*, seeing an Ass eating some Figs which had been dressed for his Dinner, fell into so immoderate a Fit of Laughing, that he died on the Spot.

SORROW is the direct opposite of Joy, a Passion hardly serviceable to any Body, except to those who are very fat, drowsy, and sleepy, or those who are overjoyed; for Passions of the Mind are not easily cured by Medicines, but by contrary Passions; Anger and Hope remove Fear; Joy removes Sorrow; and Sorrow removes Joy. As Joy increases Perspiration,

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so Sorrow obstructs it ; and from an obstructed Perspiration arises Grief and Fearfulness. Sorrow turns the Face pale, renders the nervous Force languid, and diminishes all vital Motion ; whence a slow contracted Pulse and Circulation, a Coagulation of the Blood, a Defect of Concoction and Nutrition, a Purging, Obstructions, the Jaundice, Fevers, the Dropsy, Sleepiness and Death. It is a common Saying of Peoples dying of a *broken Heart*, which means, that they died of Sorrow or Grief.

A young Woman in *Whitechapel*, after some Disappointment, was seized with a Loathing of Food and an obstinate Vomiting ; her Pulse grew slower every Day ; her Skin and Eyes looked yellow ; a Purging came on,
and

and at last she died wasted to a Skeleton.

MARCUS LEPIDUS died of a broken Heart, after putting away his Wife, whom he loved almost to Adoration.

PUBLIUS RUTILIUS died suddenly upon hearing that his Brother was not elected Consul.

THE sacred History tells us, that the High-Priest *Eli*, having heard that his Enemies the *Philistines* had taken the Ark, killed his two Sons, and routed the whole Army of *Israel*, was seized with sudden and violent Grief, fell from his Throne, broke his Neck, and died suddenly.

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LOVE is the most natural of all Passions. It is said that Drawing and Painting owe their Origin to this tender Affection of the Mind ; but when it is excessive, it wastes the animal Spirits, and disturbs all our Faculties. Love, therefore, from the long protracted Desire of possessing the beloved Object, and from the Fear of losing it, or of not obtaining it, is often the Cause of Restlessness, Languor, the Green-Sickness in Girls, Melancholy, and sometimes Madness. Some have esteemed Love a Distemper, because it is productive of so many Disorders ; but they ought to make a Difference between this Affection or Passion of the Mind, and its Effects. Upon the whole, Love is a Desire absolutely necessary, and implanted in Man and Woman for the Preservation of the Species, and
to

to incite Mankind to Action ; for next to Hunger, it is certainly the greatest Incitement we have to Action ; and without it Mankind would be worse than Brutes.

IT is needless here to relate any of the Effects of ungovernable Love ; most of our Romances are grounded upon such Histories ; and those who will give themselves the Trouble of visiting any of our Madhouses, will find too many unhappy Objects who have fallen Victims to immoderate Love. The best Method to guard against it, is by diverting the Thoughts various Ways, and by exciting contrary Passions.

H O P E is the Expectation of possessing something desired : When this Passion is joined with Love, and supported

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ported by a certain Prospect of obtaining the Object of our Desires, it is the sweetest of all human Passions, and more agreeable than Possession itself. The great Lord *Bacon* advised therefore to leave always some Part of our Inclination to be satisfied, that we may thus live in continual Hope. This Passion can never be any ways injurious to Health, and is therefore the most salutary Affection of the human Mind.

ANGER is of a very different Nature from the last mentioned Affection ; for it is a sudden and violent Passion, which, though of short Duration brings on an universal Change in the whole animal System ; the Heart beats quicker and stronger, the Pulse rises higher and fuller, the Heat increases, the Face swells, the Eyes sparkle,

sparkle, and sometimes a violent Fever follows a Fit of Anger, which may end in Death. This Passion is therefore generally hurtful, especially to hot, and bilious Constitutions, to whom it is most pernicious ; though it may occasionally prove of Service to cold ones. Cathartics and Emetics should never be given soon after Anger, as they may produce the worst of Consequences.

A Tradesman of this City, after a violent Fit of Anger, was seized with a Vomiting, which he took to proceed from a Foulness of his Stomach, and of his own Accord, he attempted to remove it by a Vomit ; but it was caused by an Inflammation of his right Kidney, which turned gangrenous, and killed him. Anger is the best Cure of Fear ; for, the
greatest

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greatest Coward will fight and grow courageous, if you make him angry.

F E A R throws all the Heat towards the Heart, turns the external Parts cold and pale ; the Limbs tremble, the Voice falters, and the Strength fails. It relaxes the Sphincter of the Anus and of the Bladder, whence involuntary Stools and Excretion of Urine ; to which many Animals, and even some of the human Species, are often subject upon the least Fright. It may become the Cause of tedious and great Disorders, and of Death itself. The Epilepsy, or Falling-Sickness, has been often the Consequence of a sudden and violent Fright ; which shews how dangerous it is to attempt the Cure of obstinate Agues, as many People do, by a sudden Fright.

THE

THE Squirrel is so fearful an Animal, that frequently when he is shot at, though not wounded, the Report of the Gun throws him into an Epileptic Fit, upon which Account some have imagined that the Flesh of that Animal was not wholesome to eat.

DIEMERBROECK says, that those who were most afraid of the Plague, were soonest taken with it. We see every Day that People who are most afraid of the Small-Pox, take it often without going to any Place infected with it.

IT is amazing to see the Effects that particular Aversions have upon some People. At a great Entertainment given by the late Duke of *Lorraine*, in a large Hall of the Palace, which opened into the Garden, a
Lady

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Lady in the middle of Supper fancied that she saw a Spider : She was frightened, screamed out, quitted the Table, ran into the Garden, and fell upon the Grass. At the same Instant she hears somebody tumble near her ; it was the Prime Minister of the Duke. Oh, Sir ! said she, how glad am I to see you here, it keeps up my Spirits ; I was afraid I had been guilty of a very great Rudeness. Lord ! answered the Minister, “ Who could hold “ out against it ? Pray, Madam, was “ it a very large one ? ” Oh, Sir ! it was monstrous. “ Did it fly to- “ wards me ? ” added he. What do you mean, Sir ? A Spider to fly ? “ So then ! replied he, is it about a “ Spider that you make so much “ ado ? You are silly indeed ; I “ thought it was a Bat.”

SUDDEN

SUDDEN Terror turns a Man cold and pale ; and produces many pernicious Effects, by affecting chiefly the nervous System. It is frequently the Cause of Spasms, Convulsions, the Epilepsy, a Stupor, and a disordered Imagination. It shrinks or contracts every Part of the Body, renders the Pulse quick, low, and unequal ; brings on a Palpitation of the Heart, an Oppression of the Lungs, an universal Tremor and Loss of Strength, and Abortion in Women ; and sometimes it suddenly kills. It has, however, in some Cases been esteemed a Remedy for sundry Disorders ; such as the Hiccup, Chin-Cough, and Lethargy.

A Man who was condemned to be beheaded, had his Sentence mitigated unknown to him : It was ordered
that

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that he should be struck in the Neck with a small Twig only, as a Token that he had deserved to have his Head struck off with the Sword. The Order was executed ; but the Terror of Death had so much prepossessed him, that he expired, at the Instant of the Blow, though it was given in the most gentle Manner.

It appears from what we have said of the Affections of the Mind, that contrary Passions produce opposite Effects in the animal Economy ; and that one Affection of the Mind is frequently a Cure for another, that the Sympathy of the Body with the Mind is amazing ; that particular Affections of the Mind will bring on particular Disorders ; and that Disorders of the Body also, will occasion strange Affections of the Mind ; which
appears

appears most remarkably in Hysterical and Hypochondriac Patients.

SOME Authors have made a considerable Difference between those two last mentioned Affections, but there is none essentially, and the only true Difference that can be made between the Hysterical and Hypochondriac Affections, does not arise from the Nature of the Disease itself, but from some particular Accidents or Symptoms observed in Women; which are only compatible with the Nature and Structure of the tender and irritable Frame of that amiable, though weaker Sex. This is certain, that there is no Disorder like this, wherein the Mind has so great an Influence either in bringing on these Affections, or in removing them when present in either Sex.

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THE State of the Mind in Diseases demands our particular Attention ; for from the different Affections of the Mind, we are enabled to make many useful Prognostics. It is certainly a very good Sign in most Maladies, to have the Mind calm and serene, and all the Faculties clear and undisturbed ; particularly in Disorders and Inflammations that are seated in or about the Diaphragm, the Kidnies, the Womb, the Brain, the Spinal Marrow, or in any Part that sympathizes very much with the Brain ; for it generally denotes a future Recovery : Yet in Pleurifies, Peripneumonies, Quinsies, Inflammations of the Liver, Spleen, and some other Parts, and in Fevers, many die whose Faculties of the Mind remain clear to the last. Some of the Epidemical Fevers of this last Summer, 1767, have produced

duced many Instances of it, and several of the unhappy Patients who have died of them preserved their mental Faculties almost to the last Moment, without any remarkable bad Symptoms, except an unequal Pulse, which from the Beginning gave the judicious Physician a sufficient Hint of the Danger.

C O N C L U S I O N.

LET us here conclude this short Treatise upon the Non-naturals, and recommend to those who would enjoy a sound and perfect State of Health, to regulate their Use in such a Manner as never to be guilty of any Excess in any of them ; but to keep, as much as possible, an exact Medium in all those Things that concern the Management of Life ; for the Abuse

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of the best Thing is frequently of the worst Consequence, and many obstinate Diseases are frequently cured by a well regulated Diet, without almost any Medicine. // A consumptive Patient in *Old-Street*, who voided every Day a very large Quantity of purulent and fetid Matter, from a broken Abscess in the Right Lobe of his Lungs, having lived a few Months upon half a Pound of Honey and one Quart or more Milk every Day, assisted with the most gentle Terebynthinate Medicines, perfectly recovered from a most deplorable State.

THERE is a worthy old Man, known by the Name of Friend *Joseph Rule*, who is always cloathed in White, and whose Beard and Hair are of the same Colour : This Man, after having seen a great deal of the World,

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World, found that Frugality and Simplicity in Food, joined to proper Exercise, were the surest Means to preserve Health. He has constantly adhered to them, and attained to a very great Age, being now near Ninety Years old ; free from any Infirmities of either Body or Mind, and able to walk, nay even to run, like a young Man. But Instances like this are very rare in the present Age, particularly in this great Metropolis ; because Men generally prefer a voluptuous Life to TEMPERANCE and SOBRIETY, which are the only Means to arrive at an healthful old Age.

IT is true, that although the best regulated Diet may prevent many Diseases, yet it is not always sufficient to remove them when present ; and therefore the Assistance of the Medical

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cal Art becomes necessary ; but let every one concerned in the Practice of Physic remember to follow the Indications of Nature, and that the Part of a real Physician, which will distinguish him from a dangerous Quack, is to study her Ways : Thus, like the Patriarch of Physic, *Hippocrates*, and our *British Hippocrates*, *Sydenham*, he will deserve the Title of Nature's Minister; the Knowledge of her Laws will make him happy, and successful in Practice; and he will never trespass beyond the Limits she has appointed.

F I N I S.



